

## Positive affirmations

Positive affirmations are statements that we say to remind ourselves of our strengths and to focus on our effort. They are in the present tense and worded in a positive way that reminds us that negative feelings and experiences will pass and to focus on what we can do in the present moment.

I am capable and up for whatever task comes my way.

Going at my own pace is the way for me to make progress.

I learn from my mistakes and move on.

I know I will be okay no matter what happens.

I can feel anxious and accomplish this task.

I am doing the best I can in this moment.

My day may have started rough and I can choose to not let that determine the rest of my day.

I have done hard things before and made it through them.

I know this feeling will pass.