

MY NAME

MY MOOD TODAY (CIRCLE)



MY PERSONAL AFFIRMATION



Self-talk is a powerful way to help manage your emotions. An **affirmation** is a **positive personal statement that you can say to yourself** each day, whenever you need it.

DIRECTIONS: Use the prompts below to create your own affirmation.

1. What is a message that you can repeat each day to feel more confident or calm? Brainstorm a few ideas below. Say each one to yourself and see how it makes you feel. Circle your favorite. _____

2. Is there a more powerful word you could swap into your affirmation? Check a resource like a thesaurus. Example: Replace “do” with “achieve.” _____

3. Why is this message important to you? When (or in what situations) might this affirmation be helpful for you to use? _____

4. Use the space below to create a bookmark with your affirmation statement. Then, cut it out. You can use it every day when you read!



BONUS: If you'd like, decorate your bookmark with stickers or color. Or punch a hole on top of your bookmark and knot a ribbon through it.