

Affirmations for Students

I'm more than a test.

I am a good _____ (fill in the blank with something you feel confident about as a friend, artist, athlete, person, etc.).

My grades do not determine my success. I do.

Things do get better.

It's safe to relax.

(While breathing in) I'm okay. (While breathing out) I can relax.

I have been through challenges before and I can do it again.

Learning is supposed to feel challenging. This is okay and I can handle it.

I can always ask for help.

It's safe to rest and take breaks.

I matter. I'm strong. I've got this.

I can let go of the past and start fresh, right now.

I notice my emotions without letting them be in control of me.

I can create a great life for myself in small steps every day.

I have the ability to choose wisely for myself.

I'm doing my best and that's enough.

Failing is just information I get to choose how to use for my own good.

I'm the best expert on what works for me.