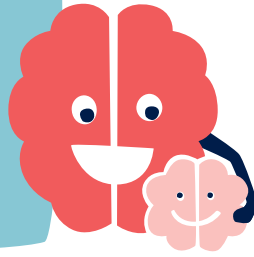


# Mental Fitness Affirmations



Parent Resource

Use this list of mental fitness affirmations to encourage positive self-talk and build self-esteem and emotional resilience with your children. Display them in a visible spot in the home like on the fridge or bathroom mirror, or individually distribute them to your family members.

The blank cards can be used for your child to write affirmations that are personal to their challenges or worries.

**ALL**  
feelings are  
welcome.



**1 2 3**  
Breathe!



I embrace my  
**VILLAGE**



  
**I AM**  
Strong.



I am  
**BRAVE**  
enough to try  
new things.



I am  
**PROUD**  
of myself.



My emotional  
muscles  
**GROW**  
with every  
challenge I face.



I nurture  
relationships with  
**LOVE**  
and care.



**I**  
belong.



**I AM**  
thankful for  
my family and  
friends.



Never be  
afraid to  
**ASK**  
for help when  
you need it.



Our differences  
make us  
**SPECIAL**



I can do  
**HARD**  
things.



**I AM**  
loved and  
appreciated.



Don't  
**WORRY**  
alone.



I am  
**KIND**



**T**  **DAY**  
I will shine.



I can  
**SHARE**  
my happiness.



**I CAN**  
forgive myself  
for mistakes.



**I AM**  
in charge of my  
thoughts and  
actions.

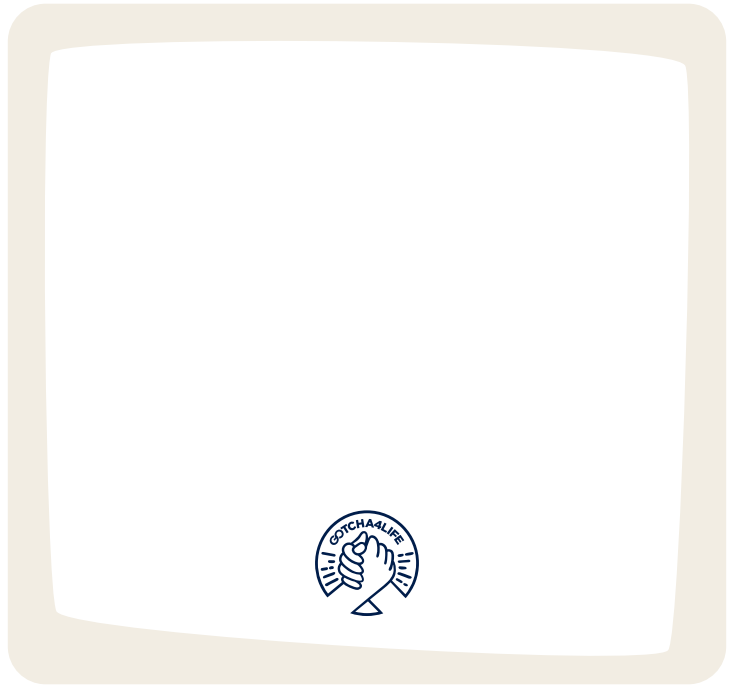
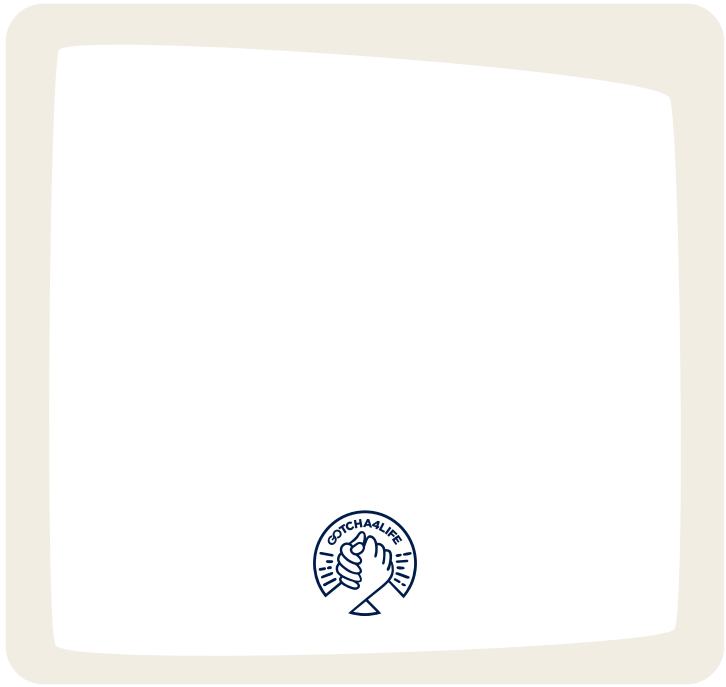
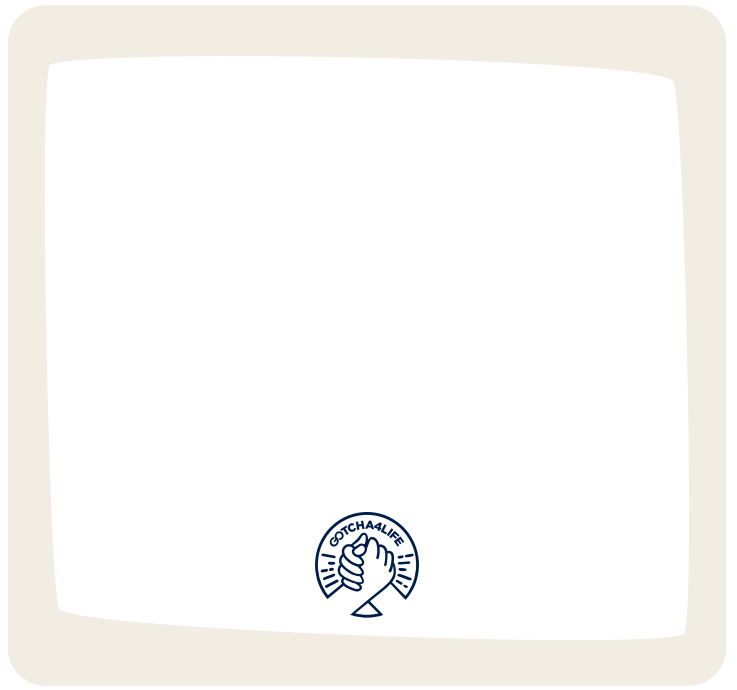
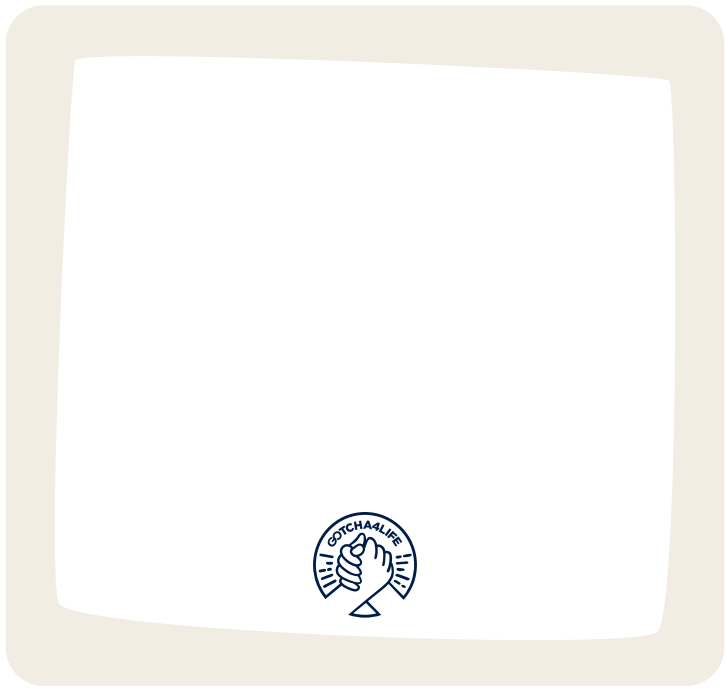


Tomorrow  
brings a new  
**DAY**



I am  
**CLEVER**





**Let's build our mental fitness together**

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