


AFFIRMATION BRACELETS

Print out the pages and cut out the strips to make fun bracelets. Wear a different bracelet each day. Make more to gift them to your friends!

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 I BELIEVE  MY DREAMS 


I learn FROM my mistakes 

I reach my GOALS 

 I am Resilient   

 I choose my attitude 

 I am ENOUGH, I am ME! 


Today I am a LEADER 

My ideas are UNIQUE 

I am Strong 



I can do HARD things 

I am COURAGEOUS 

My ideas are UNIQUE 

 I reach for the Stars 

 I BELIEVE IN mySelf 

 I can make good choices 

 I always do my best 

I am HELPFUL 

I am LOVED 