

Positive Affirmations

1. Safe
2. Special
3. Open
4. Courage
5. Willingness
6. Love
7. Peaceful
8. Growth
9. Trust
10. Beautiful
11. Fun
12. Play
13. Celebrate
14. Unconditional
15. Happy

Ask 2 people you trust to write you a letter of Affirmation, telling you everything they like about you.

Write a love letter to yourself.