

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Positive affirmations

I Y V T R E O I H U P K A Q Z F C  
U I R T W W T R A M S G I U V K E  
R E D A E L S W X Z X I Q M H J V  
T R E S P E C T E D G R D S L E A  
L C X I L L X D N Z E T V F O H K  
T C A G G W Q I N S S Y O F V E O  
X O Z R N U K M P Q T P S E E L I  
H P Q T I M H O A U R P S A D P B  
T L O Y M N N J I D O A O T Z F I  
N E P B O S G M X W N H J M H U K  
E X P G I O E Q T R G V H V E L Y  
I Y V B K Y D E S S E L B K U T D  
T A L E N S R I D E S U C O F E Z  
A E V K K T B X I H H F V E U U K  
P J X H P K I E Z G I V K K I H J  
B E V A R B F K R S N V C S P D V  
W X D E L L O R T N O C F L E S E

Self-controlled  
Blessed  
Patient  
Strong  
Loved

Responsible  
Focused  
Caring  
Brave  
Smart

Respected  
Helpful  
Leader  
Happy  
Kind