



Positive Affirmations

What are Positive Affirmations?

They are positive statements, that you can write or say, and repeat in your mind to uplift yourself. Sometimes we can find ourselves stuck in a mind spiral with negative thoughts spiraling out of control. You can combat this with positive affirmations about yourself to boost your self-esteem or with statements of God's love and grace to bring you peace. These affirmations can help you feel in control and empowered. An example of a positive affirmation could be "I am likeable." You can also think of scriptures, prayers, or sayings that remind you of God's unconditional love. An example could be "God is love." Below, write down some positive affirmations or scriptures to remind yourself of your strengths and of God's ever-calming presence.

