

25 AFFIRMATIONS
TO HELP KIDS
DEVELOP A
GROWTH MINDSET

I am loved and
cherished.

I am kind to myself
and others.

I am unique and
special.

I am capable of
learning new things.

I treat my family,
teachers, and friends
with respect.

I am helpful and
always willing to
lend a hand.

I am curious and
love to explore.

I am full of creativity
and imagination.

I am a good listener
and follow directions.

I am grateful for the
little things in life.

I am a problem
solver and can find
solutions.

I am always eager to
learn and grow.

I am open to new
experiences and
ideas.

I am important and
valued in my
community.

I am resilient and can
bounce back from
challenges.

I am excited about
learning new things.

I am loved for just
being myself.

I am a positive
influence on others.

I am capable of
making good choices.

I am gentle with
myself when I make
mistakes.

I am a good problem
solver and use my
brain.

I am ready to take on
each day with a smile.

I am proud of my
accomplishments, big
or small.

I am full of kindness
and compassion.

I am a friend to the
Earth and its
creatures.