EDUCATION SUPPORT & ADVICE



Teen Self-Esteem Month Positive Affirmations



What are Positive Affirmations?

Positive affirmations are short, powerful statements that you repeat to yourself to encourage a positive mindset and self-belief.

They help challenge negative thoughts and reinforce your strengths, values, and goals.







How to Use Affirmations Effectively:

Daily Practice: Repeat your affirmations daily, preferably in the morning or before bed, to reinforce positive beliefs about yourself.

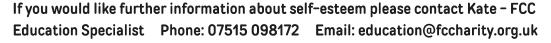
Personalisation: Modify the affirmations to make them more personal and relevant to you. You could write out your affirmation, draw pictures or use colours, then put it somewhere you will see it every day.

Visualisation: As you say each affirmation, visualise yourself embodying the statement. This can enhance the effectiveness of the affirmation.

Consistency: Consistency is key. The more you practice, the more you can rewire your brain to focus on your strengths.







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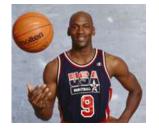
Who Uses Positive Affirmations?

Lupita Nyong'o: "I think the most important thing in life is to be true to yourself, and in order to do that, you have to be happy with who you are."

izzo: "You deserve all the space in the world to breathe, expand, contract & give me life. I love you."



Michael Jordan: "Never say never because limits, like fears, are often just an illusion."





Brene Brown: "I'm fearless, always showing up no matter the outcome."





Alicia Keys: "I love myself as I am."



LeBron James: "You can't be afraid to fail. It's the only way you succeed. You're not going to succeed all the time, and I know that."





If you would like further information about self-esteem please contact Kate - FCC Education Specialist Phone: 07515 098172 Email: education@fccharity.org.uk

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Teen Self-Esteem Month Printable Positive Affirmations



I am worthy of love and respect.





I deserve happiness and success.



I can express my true self.



I am.

I believe in my abilities.



I am capable of achieving my dreams.





I choose to see the good in myself.



I embrace my uniqueness and celebrate my individuality.



I am proud of my accomplishments, big and small.



I have the power to create the life I want.



I am resilient and can overcome any challenge.



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