**LESSON 5. POSITIVE REINFORCEMENT**

**75 POSITIVE AFFIRMATIONS**

1. I like the person I am growing into.
2. I am talented and kind. These strengths will take me far.
3. I have all the tools I need to succeed. I am excited to learn and grow.
4. I have meaningful and equal relationships with my friends and family.
5. My future is mine to choose. I get to decide what is best for me.
6. I am becoming a beautiful person. I choose to love myself unconditionally.
7. Fate has exceptional things in store for me. I just have to follow my own path.
8. I make the most of my time and spend it doing the things I love, with people who affirm me.
9. No matter my age, I am worthy of respect. No matter what, I am worthy of kindness and love.
10. My heart is open to all of the wisdom the world has to offer.
11. I know what’s best for me. I am capable of making positive choices that lead me to what I want.
12. The world is ready to receive me, and I am prepared to accept what it has to offer.
13. I am happy where I am in my life right now.
14. I am open and honest with my feelings. I can clearly express to others when I feel hurt.
15. I am willing to accept help when offered. I am willing to ask for what I need.
16. Learning about myself is a fruitful adventure. I love who I am.
17. I know my values and why I hold them. I challenge myself to question my beliefs.
18. I am capable of changing my mind when presented with new information. There is no shame in learning more.
19. Nothing can stop me from achieving my dreams.
20. I am empowered to be the best version of myself.
21. I am a good and caring friend. I deserve friends that treat me with equal love and kindness.
22. I rise above gossip and talking rudely about others. I am empowered to shut down conversations I am uncomfortable with or that may hurt other people.
23. I am happy to be alive.
24. I am beautiful, smart, and talented.
25. In ten years, I will be have grown even more into the person I know is the best version of myself.
26. Success is within my reach. I can achieve anything I set my mind to.
27. I will go on to have loving and equal romantic relationships. I will grow and learn from each one, even if they end earlier than expected.
28. Just because people are unkind doesn’t mean they speak the truth. Their unkindness doesn’t reflect on me, but rather their own pain and feelings about themselves.
29. I don’t have to please anyone other than myself.
30. I accept myself as I am. I don’t need to compare myself to other people.
31. I am a unique gift to the world.
32. My light cannot be extinguished.
33. I don’t need to follow along with what everyone else is doing. I get to do what is best for me.
34. I may not have all the answers, and I am okay with that.
35. I am open to receiving advice from people with more wisdom than me. I trust myself to listen to their advice and discern what is best for me.
36. I do not have to reveal my whole self on social media.
37. The people I see on Instagram are not perfect. We are all flawed, and those flaws are beautiful.
38. I am capable of being responsible for myself.
39. My voice matters.
40. I am allowed to say ‘no’.
41. The love I have for myself is unconditional.
42. It’s okay to admit when I am wrong and to ask for forgiveness.
43. Just because I haven’t reached my destination doesn’t mean that I am lost. I am on an adventure to discover myself.
44. I won’t let obstacles stop me from going after what I want.
45. I did the best that I could at the moment.
46. Things will get better. There is happiness in store for me.
47. I am excited to take in new experiences and gain knowledge.
48. I am enough.
49. I am worthy.
50. It’s okay to be proud of myself and my accomplishments.
51. My heart is open and my ears are open to my heart.
52. I don’t have to be the best or perfect to be accepted by other people.
53. I accept myself, flaws and all. I forgive myself for past mistakes.
54. I allow myself to fully feel my emotions. I don’t have to shut down.
55. My body is beautiful the way that it is.
56. I am strong. My body does so much for me, and I love it for that.
57. I make choices that honor my body.
58. My mistakes don’t define me.
59. I belong where I am.
60. It’s okay that I have different interests than my friends.
61. I don’t have to spend all of my time with one person or a group of friends. I don’t owe all of my time to anyone.
62. “Normal” isn’t real. I am unique and that is beautiful.
63. I look forward to being challenged, as that is how I grow.
64. I am at peace with who I am.
65. I breathe in positivity and exhale negative thinking.
66. My arms are open, ready to accept any opportunities to come my way.
67. I release my worries. My mind is calm.
68. Words are powerful. I choose the ones I say carefully.
69. I channel my anger into healthy outlets. My anger can be useful.
70. New ideas flow through me. My creativity is ablaze.
71. My self-confidence inspires others to find the self-confidence in themselves.
72. My beauty is unique. No one else is like me.
73. In the end, I don’t want to be anyone else.
74. I can change the world.
75. I am light.