



Little Wings

— STORY-TIME COLLECTION —

DAILY AFFIRMATIONS

KIND WORDS. BIG DREAMS. BRIGHT FUTURES.

Say these powerful words to yourself every day.
You are amazing, just as you are!



1



I AM LOVED.

I am loved just for being me.

2



I AM KIND.

I choose kindness in my words and actions.

3



I AM GROWING.

Every day, I learn something new.

4



I AM IMPORTANT.

My thoughts, feelings, and ideas matter.

5



I AM BRAVE.

I can try new things and face my fears.

6



I AM SAFE.

I am surrounded by people who care about me.

7



I AM THANKFUL.

I appreciate the good things in my life.

8



I AM POSITIVE.

I focus on the good and believe good things will happen.

9



I AM CAPABLE.

I can do hard things and keep trying.

10



I AM CREATIVE.

I use my imagination to dream and create.

11



I AM UNIQUE.

There is no one else like me, and that is my superpower!

12



I AM FOCUSED.

I stay focused and give my best effort.

13



I AM A GOOD FRIEND.

I listen, I care, and I treat others with respect.

14



I AM WORTHY.

I am enough just as I am.

15



I CAN DO IT.

I believe in myself and my dreams.

16



I CHOOSE ME.

I take care of my body, mind, and heart.

♥ REMEMBER ♥

Speak these words.

Believe these words.

Be these words.

You are amazing!

Little Wings ♥

Every day is a new chance
to shine, grow, and
be the best **YOU!**

♥ I BELIEVE IN ME. I CHOOSE ME. I AM ENOUGH. ♥