

Positive Reminders and Affirmations

It's ok to not
always be
happy

You've got
this

Live in the
present
moment

You are not
alone

I can be
brave

Things
will get
better

You are
strong

Trust the
process

Believe
in
yourself

You are
loved

Remind
yourself of
what you've
overcome

You can't
have a
rainbow
without rain

I want to
be
confident

You are
worth it

Be
yourself

Be
yourself

I am kind

Take time
for
yourself

Strive for
progress not
perfection

Help is
always
there if you
need it

You are
worthy of
everything
good

The sun is a
reminder that
we can rise
from
darkness