



# Affirmation Cards

*Affirmations are thoughtful statements that encourage positive thinking, inner confidence and a sense of calm.*

*Keep them on your desk and choose a random card daily or display them in your school staffroom.*



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The ultimate truth of who  
you are is not  
I am this or I am that,  
but I am.

*Eckhart Tolle*



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I am physically  
and  
mentally strong.



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Today I will be  
my best self.



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I can't control the wind,  
but  
I can adjust my sails.



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I'm exactly where  
I'm supposed to be.



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My direction is more  
important than my speed.



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Self-care is not a luxury,  
it's a responsibility.



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My worth is not defined by  
my achievements.



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Be careful about how you  
are talking to yourself,  
because you are listening.



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I let go of old and negative  
beliefs that hold me back.



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I have wonderful qualities  
to offer the world.



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Be yourself,  
everyone else is taken.

*Oscar Wilde*



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I define who I am.



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If it is to be,  
it is up to me.



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If you're always trying to  
be normal, you'll never  
know how amazing you  
are.

*Maya Angelo*



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I'm excited about the  
possibility that today  
holds.



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I live my life one step at a  
time.



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Whether you think you can,  
or you think you can't,  
you're right.

*Henry Forde*



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All I need is within me  
right now.



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I am an unstoppable  
force.



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I'm grateful for the good  
things in my life.



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I trust my intuition.



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