Compass Buzz — Positive Affirmations

Sometimes when we are feeling low, our thoughts can be unhelpful or negative. Every day, and especially when you need a boost, try to practice thinking more kind and positive thoughts about yourself. Over time, doing this can help us to have a more positive outlook on ourselves and situations. Perhaps you could cut out some of the cards below and carry them with you, read them and chant them aloud or in your head, especially when you notice a negative thought. You can try writing your own too!

I am a good and worthwhile person	I am stronger than I think. I have inner strength	I care about others and I am needed
I accept myself as unique and worthwhile	I am calm and confident	I matter and I am important
My life purpose can be whatever I want it to be	I am a loving person	I choose to see this challenge as an opportunity