SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES 1–5

Affirmation of the Day

Say a new affirmation each day for a week and write one way you showed it.

Name: _____ **Date:** _____



Day	Today's affirmation	Said it 3 times	One way I showed it today
Monday	I am a good listener.	☐ 1 ☐ 2 ☐ 3	
Tuesday	I can solve problems.	☐ 1 ☐ 2 ☐ 3	
Wednesday	I am kind to myself and others.	☐ 1 ☐ 2 ☐ 3	
Thursday	I am getting stronger every day.	☐ 1 ☐ 2 ☐ 3	
Friday	I am proud of who I am.	☐ 1 ☐ 2 ☐ 3	

My own affirmation for next week: I am _____

Art © Kevin Coulston