



How to Make Decorative Affirmation Cards

Mentors use affirmation cards as tools to reinforce the progress that children have made during their time together; they serve as a basis for reflection and promote positive thinking. These cards allow children to focus on their strengths rather than their challenges. Mentors will sometimes make the cards ahead of time for youth to pick out of a box or they will have youth create the cards themselves as a creative exercise.

Supplies:

- Index cards or cardstock
- Scissors or paper cutter
- Ruler
- Tape or glue
- Pens, markers, crayons, or pencils
- Inspirational quotes, positive phrases, and affirming words.

Directions:

1. Cut your paper into four sections. Each section should be about 3" x 5" – or no bigger than your hand.
2. Choose statements from the attached list or use your own words!
3. Write a different sentence on each card.
4. Design different looks and themes for every card. Be creative! Use many different colors, styles, and design elements. Make sure that each card is unique.



Please do not use quotes pertaining to religion, politics, romantic relationships, or material that is inappropriate for children. Your word choice should reflect the developmental level of a wide age range of children.

Submission:

1. Fill out the Volunteer Tracking Form [here](#).
2. Attach a note with your name to your items.
3. Deliver your items to Free Arts by mail or in-person (352 E Camelback Road, Ste 100, Phoenix, AZ 85012)
4. Contact us at programs@freeartsaz.org if you have any questions!

Affirmation Statements

Happiness is my birthright. I embrace happiness as my standard state of being.

I feel joyful and content in this moment right now.

I awaken in the morning feeling happy and enthusiastic about life.

I can tap into inner happiness anytime I wish.

By allowing myself to be happy, I inspire others to be happy as well.

I have fun with all of my activities, even the most routine.

I look at the world around me and can't help but smile and feel joy.

I find joy and pleasure in the simplest things in life.

I have an active sense of humor and love to share laughter with others.

My heart is overflowing with joy.

I rest in happiness when I go to sleep, knowing all is well in my world.

I easily find solutions to challenges and roadblocks and move past them quickly.

Mistakes and setbacks are steppingstones to my success because I learn from them.

Every day in every way, I am becoming more and more successful.

I feel successful with my life right now, even as I work toward future success.

I know exactly what I need to do to achieve success.

I see fear as the fuel for my success and take bold action in spite of fears.

I feel powerful, capable, confident, energetic, and on top of the world.

I have an intention for success and know it is a reality awaiting my arrival.

I have now reached my goal and feel the excitement of my achievement.

Today I am successful. Tomorrow I will be successful. Every day I am successful.

When I breathe, I inhale confidence and exhale timidity.

I live in the present and am confident of the future.

My personality shines with confidence. I am bold and outgoing.

I am self-reliant, creative and persistent in whatever I do.

I am energetic and enthusiastic. Confidence is my second nature.

I always attract only the best of circumstances and the best positive people in my life.



I am a problem solver. I focus on solutions and always find the best solution.

I love change and easily adjust myself to new situations.

My outer self is matched by my inner wellbeing.

Self-confidence is what I thrive on. Nothing is impossible and life is great.

I always see only the good in others. I attract only positive confident people.

I approve of myself and love myself deeply and completely.

I am unique. I feel good about being alive and being me.

I trust myself and know my inner wisdom is my best guide.

I have integrity. I am totally reliable. I do what I say.

I act from a place of personal security.

I fully accept myself and know that I am worthy of great things in life.

I choose to be proud of myself.

I find deep inner peace within myself as I am.

I fill my mind with positive and nourishing thoughts.

My confidence, self-esteem, and inner wisdom are increasing with each day.

My body is healing, and I feel better and better every day.

With every breath out, I release stress in my body.

I send love and healing to every part of my body.

I pay attention and listen to what my body needs.

I sleep soundly and peacefully, and awaken feeling rested and energetic.

I am surrounded by people who encourage and support healthy choices.

My world is a peaceful, loving, and joy-filled place to live.

I sow the seeds of peace wherever I go.

I surround myself with peaceful people.

My environment is calm and peaceful.

I breathe in peace, I breath out chaos and disorder.

In all that I say and do, I choose peace.



I release past anger and hurts and fill myself with serenity and peaceful thoughts.

Peace descends all around me now and always.

I send peace from myself into the world.

I respond peacefully in all situations.

I am grounded in the experience of the present moment.

I am focus and engaged in the task at hand.

All is well right now.

I am grateful for this moment and find joy in it.

I gently and easily return to the present moment.

I observe my thoughts and actions without judging them.

I am fully present in all of my relationships.

Life is happening in this moment.

I accept and embrace all experiences, even unpleasant ones.

I observe my emotions without getting attached to them.

I meditate easily without resistance or anxiety.

I release the past and live fully in the present moment.

Calmness washes over me with every deep breath I take.

Every day I am more and more at ease.

Being calm and relaxed energizes my whole being.

All the muscles in my body are releasing and relaxing.

All negativity and stress are leaving my body and my mind.

I breathe in relaxation. I breathe out stress.

Even when there is chaos around me, I remain calm and centered.

I transcend stress of any kind. I live in peace.

All is well in my world. I am calm, happy, and content.

I am happy that I exist.

“At the end of the day, we endure much more than we think we can.” -Frida Kahlo

Make every day a masterpiece.



“Do small things with great love.” -Mother Teresa

Today, I will make myself proud.

Mistakes do not define me.

You still have time to grow.

I am going to make it.

You are stronger than you know.

I am enough. I am worthy.

All of my problems have solutions.

I try my hardest. I am doing my best.

Every part of me is beautiful.

I deserve to be happy.

Rest fuels strength.

