

I CAN
DO HARD
THINGS

MINDFUL AFFIRMATIONS

I CAN BE A FRIEND TO MYSELF.

I CAN FEEL ALL MY FEELINGS.

I CAN ASK FOR HELP.

I CAN TRY AGAIN, RATHER THAN GIVE UP.

I CAN BELIEVE IN MYSELF.

I CAN SPEAK UP WHEN IT WOULD BE EASIER TO STAY QUIET.

I CAN SAY NO, EVEN TO MY FRIENDS.

I CAN APOLOGIZE.

I CAN FORGIVE.

I CAN LISTEN TO UNDERSTAND DIFFERENT POINTS OF VIEW.

I CAN CHOOSE KINDNESS.

I CAN PRACTICE PEACE.

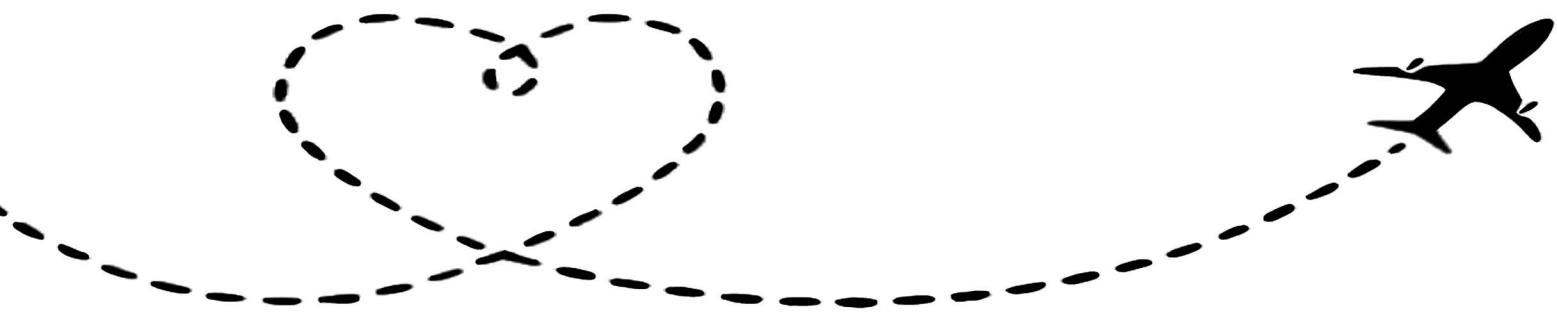
I CAN SHARE MY GIFTS WITH THE WORLD.

I CAN BE MYSELF.

I CAN DO HARD THINGS.

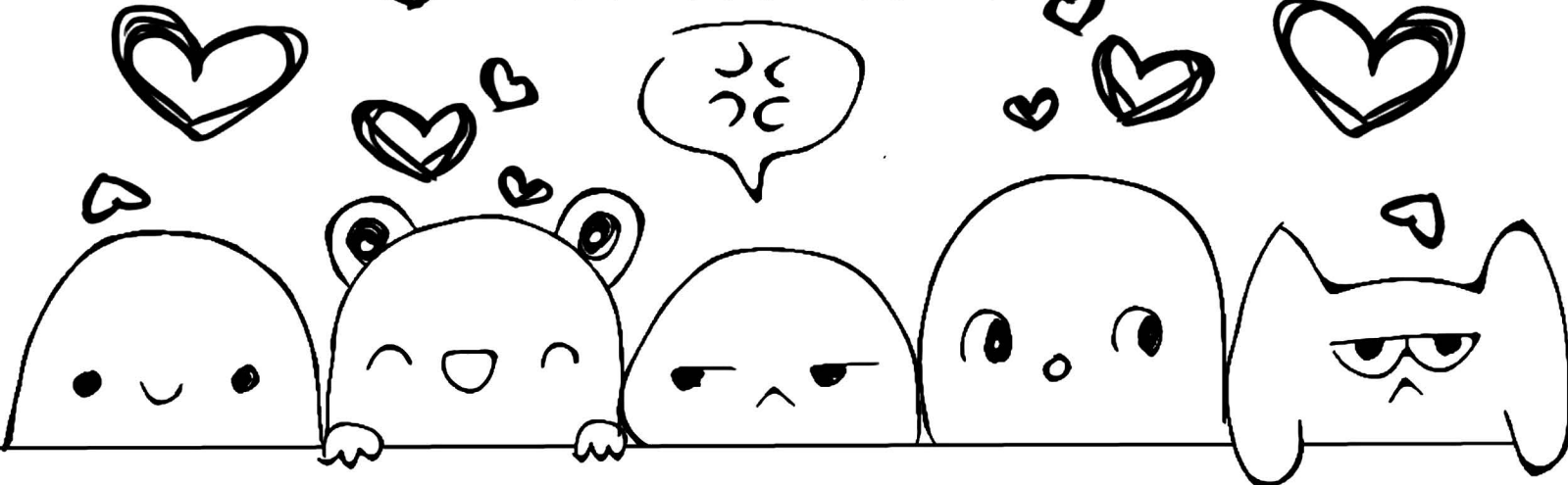


**I CAN
DO
HARD
THINGS**



I CAN FEEL

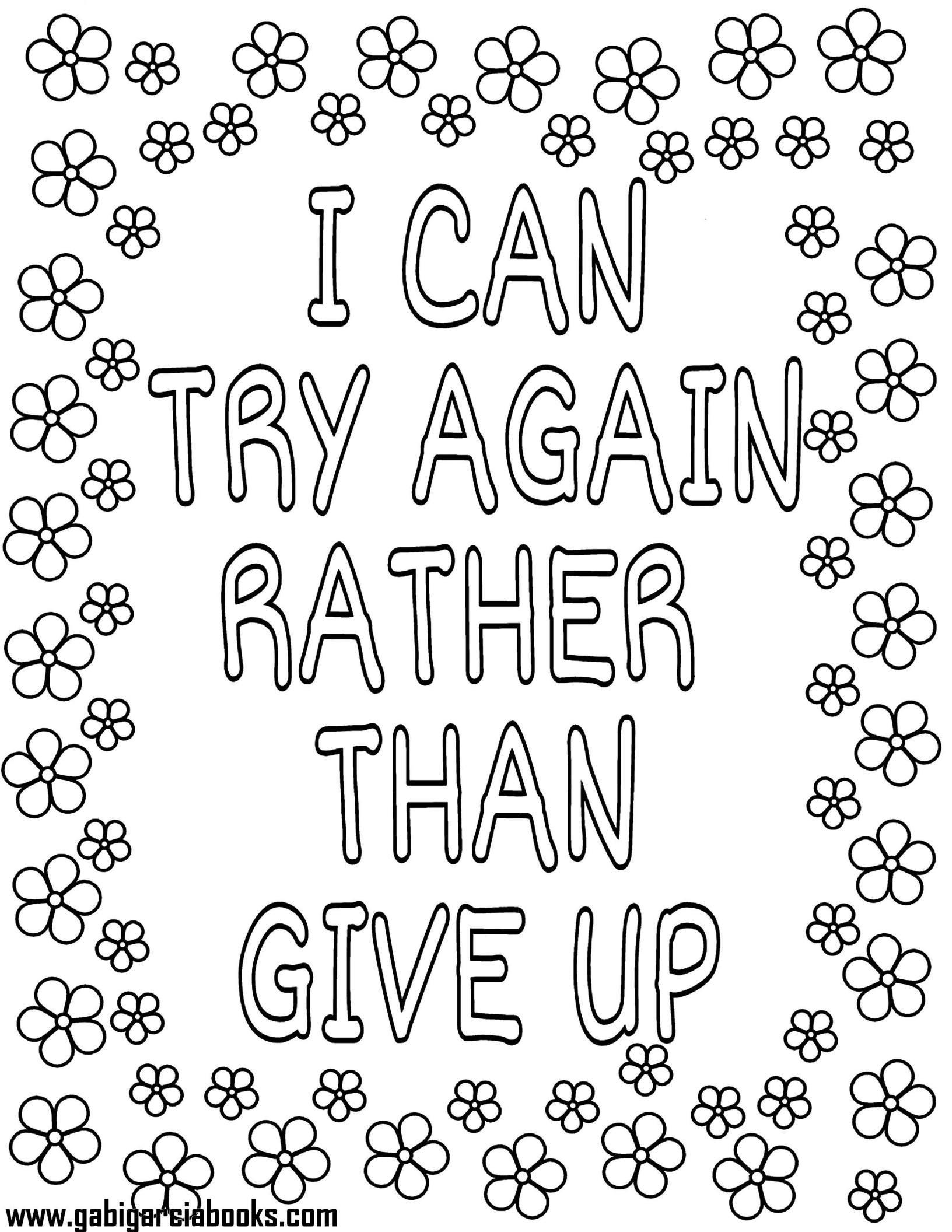
ALL



MY FEELINGS



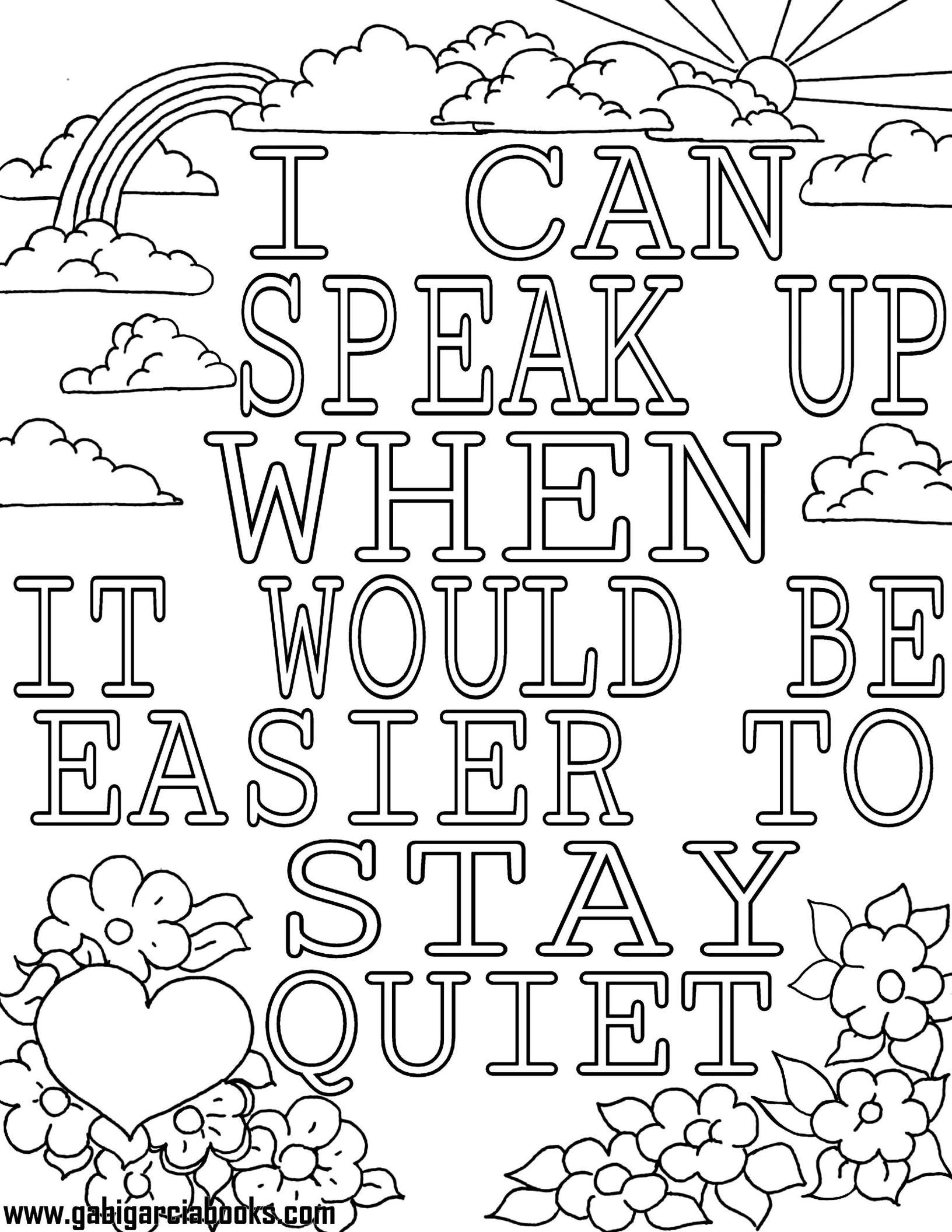




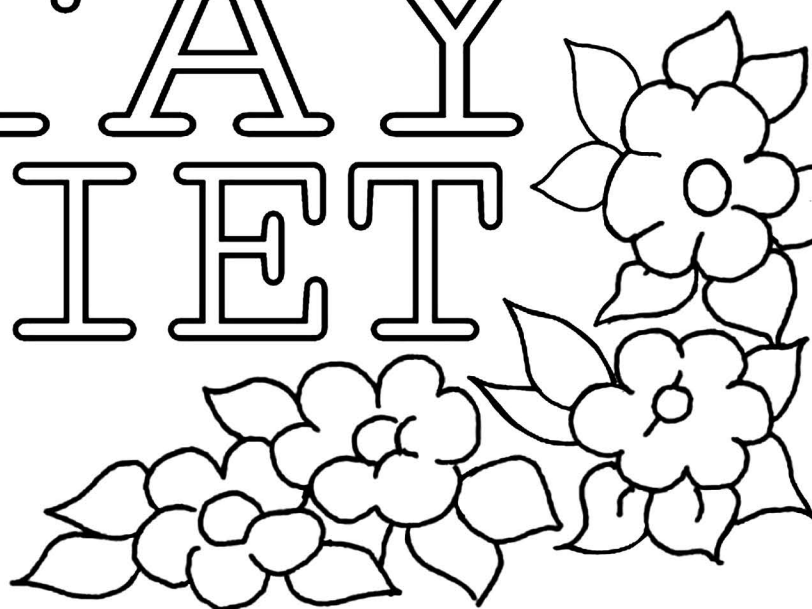
I CAN
TRY AGAIN
RATHER
THAN
GIVE UP

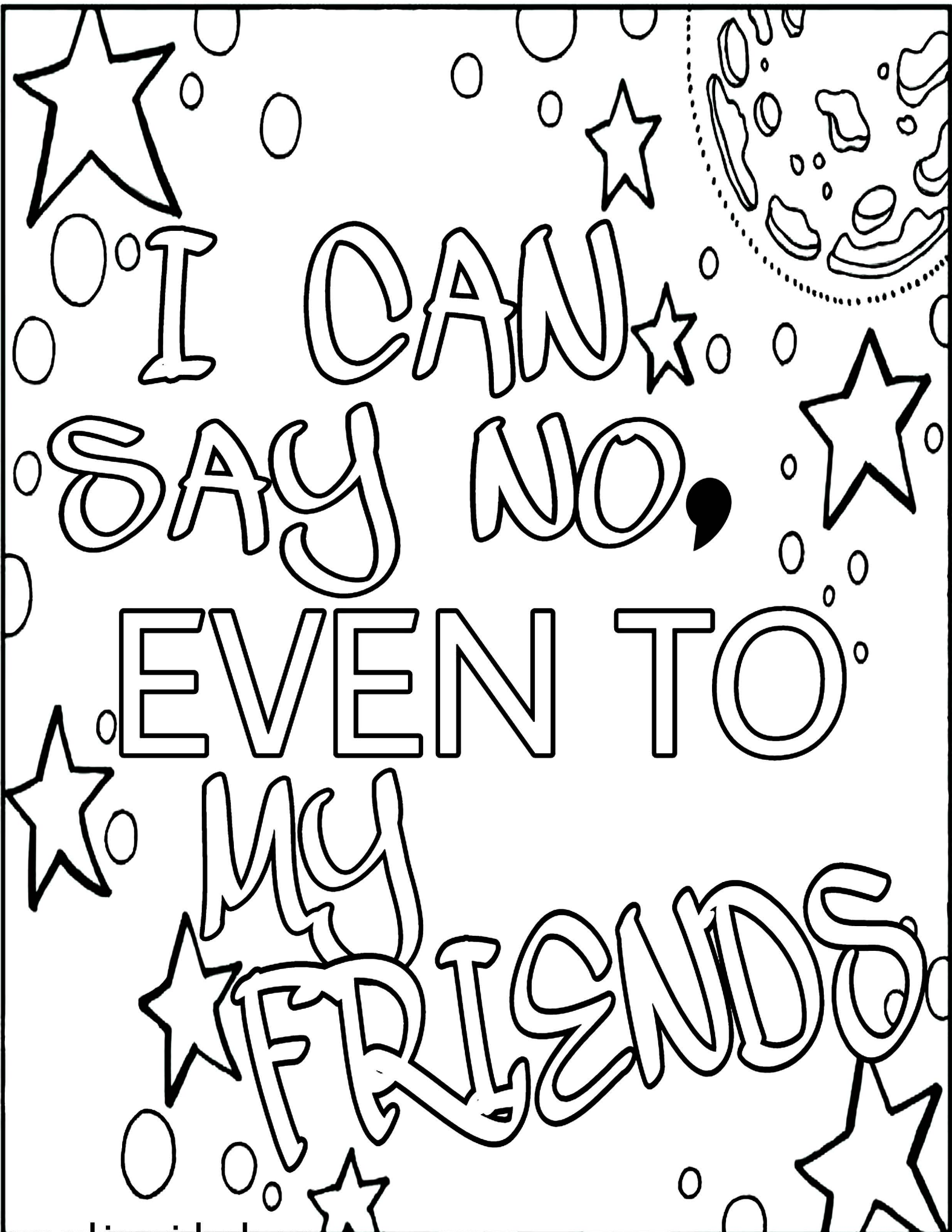


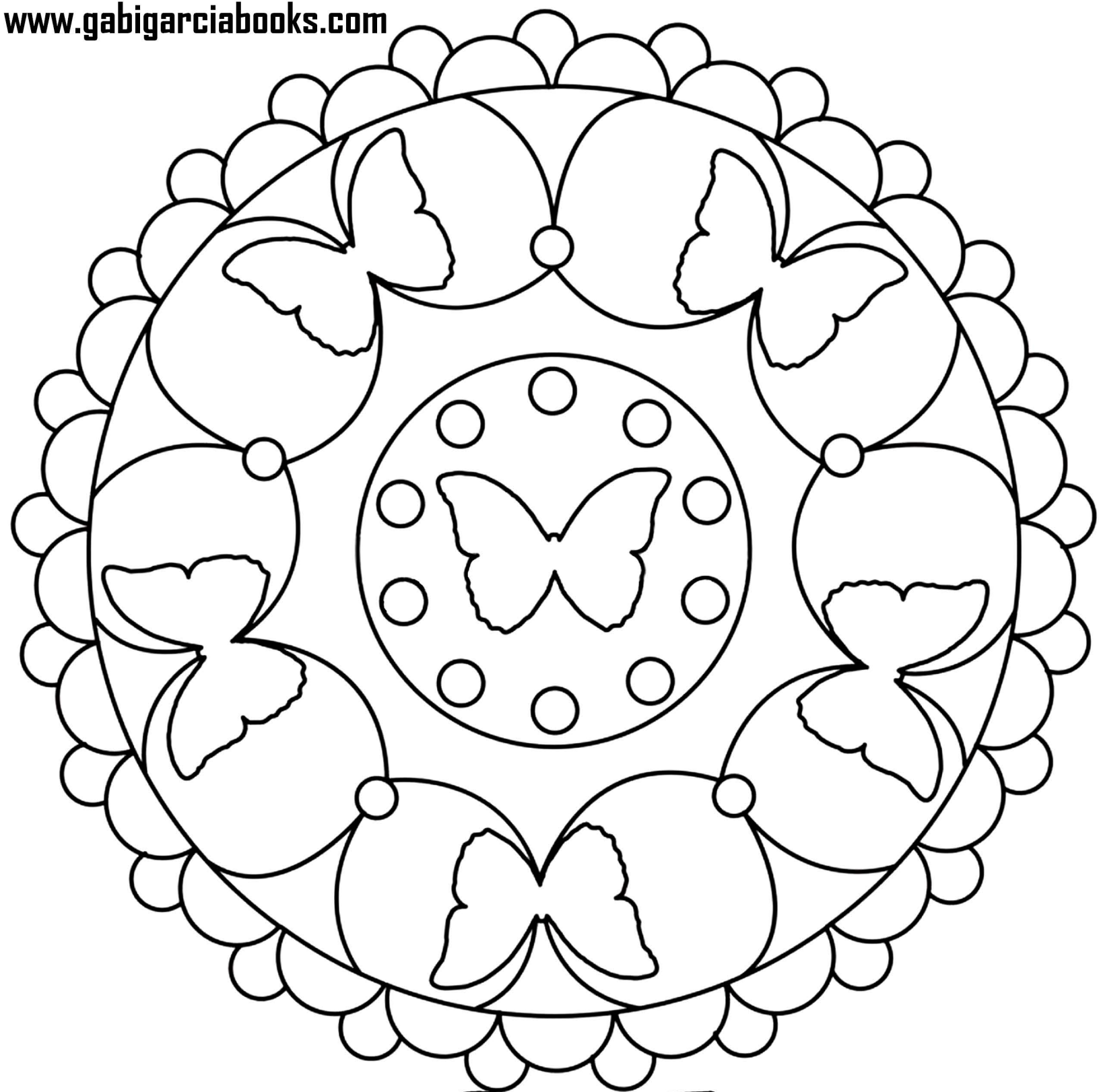
I CAN
BELIEVE
IN
MYSELF



I CAN
SPEAK UP
WHEN
IT WOULD BE
EASIER TO
STAY
QUIET

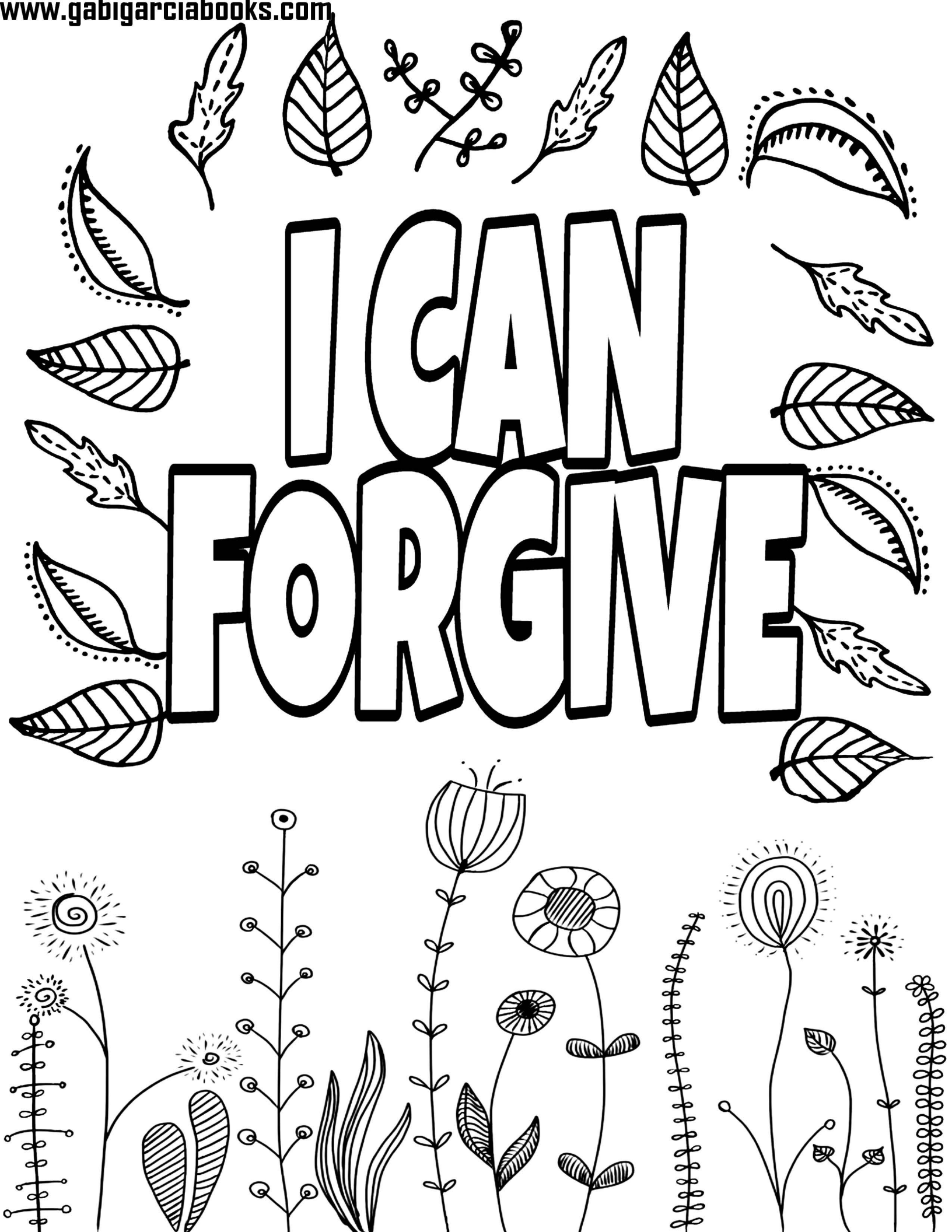


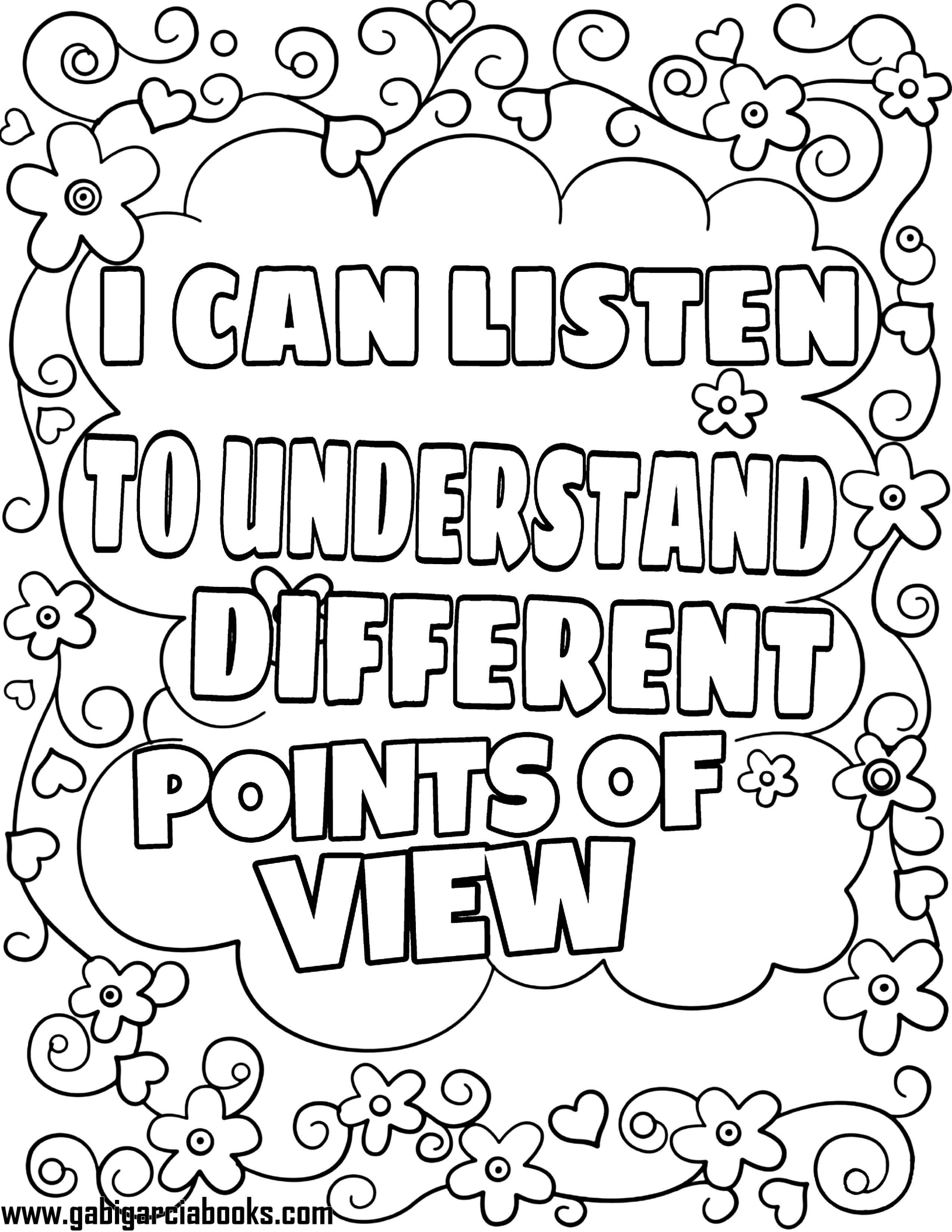




I CAN
APOLOGIZE

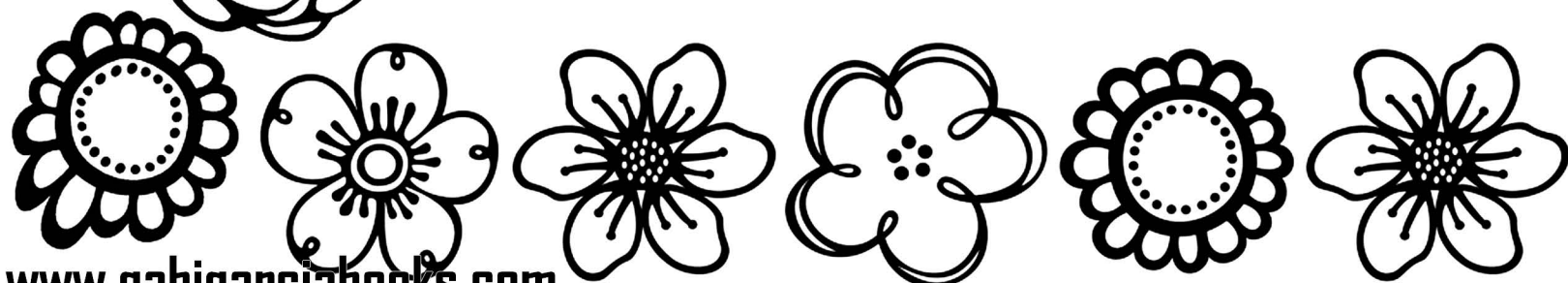
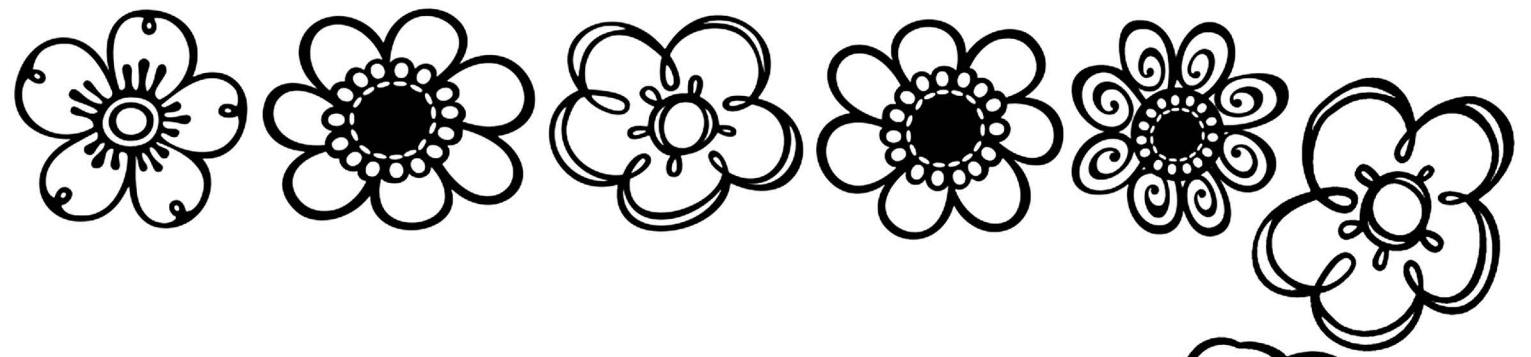
I CAN
FORGIVE

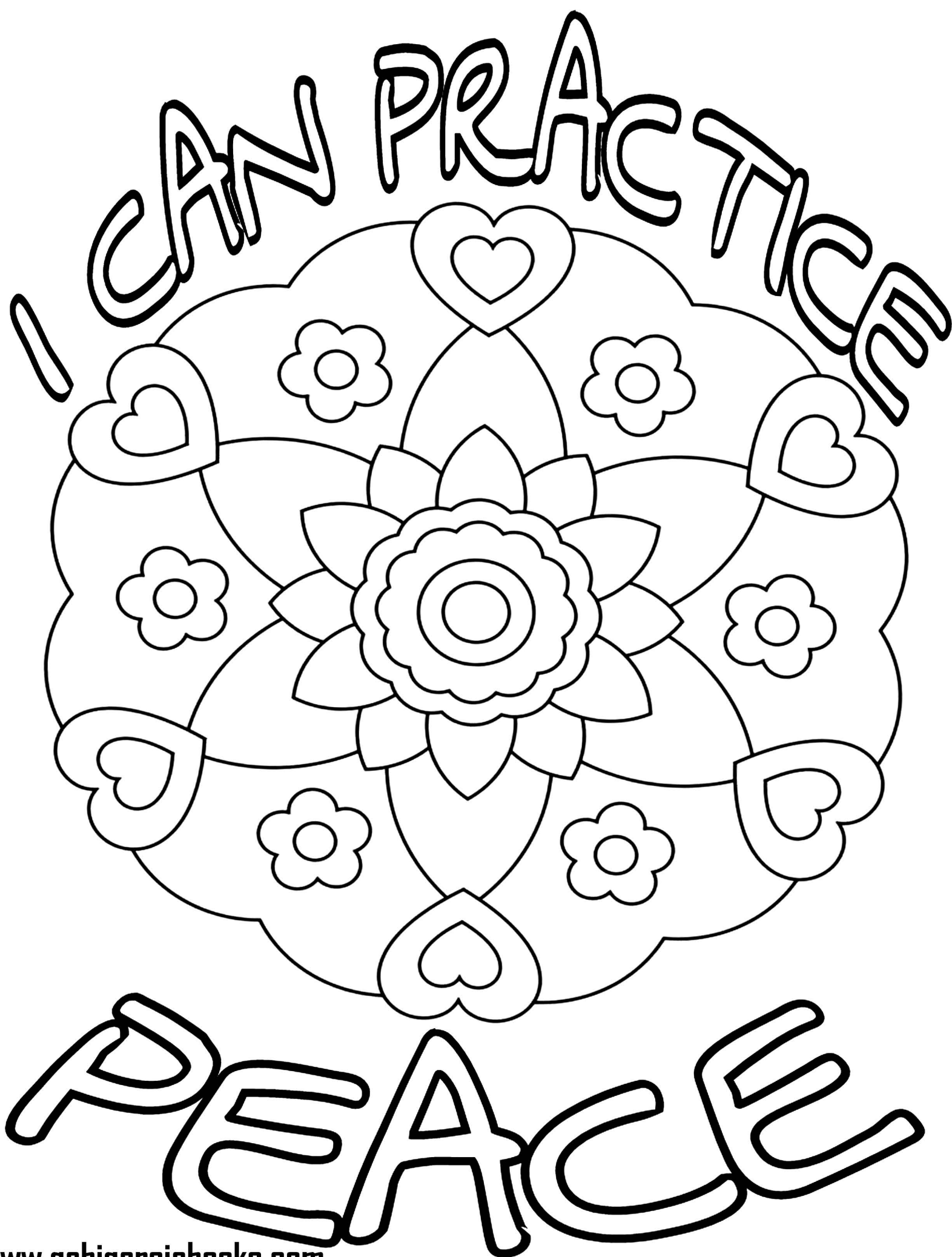


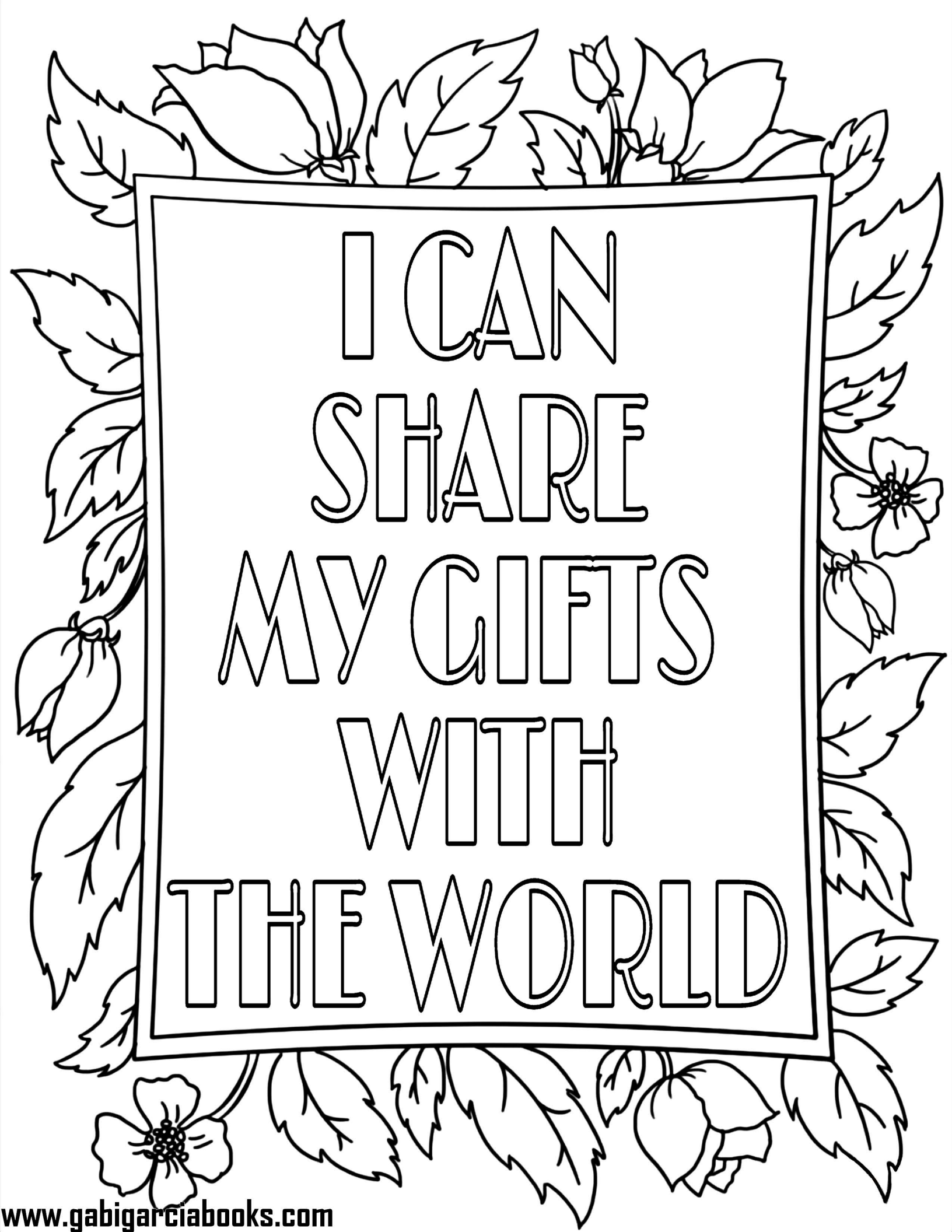


**I CAN LISTEN
TO UNDERSTAND
DIFFERENT
POINTS OF
VIEW**









I CAN
SHARE
MY GIFTS
WITH
THE WORLD

