

Boost Your Self Confidence

PRINTABLES



Printable affirmations



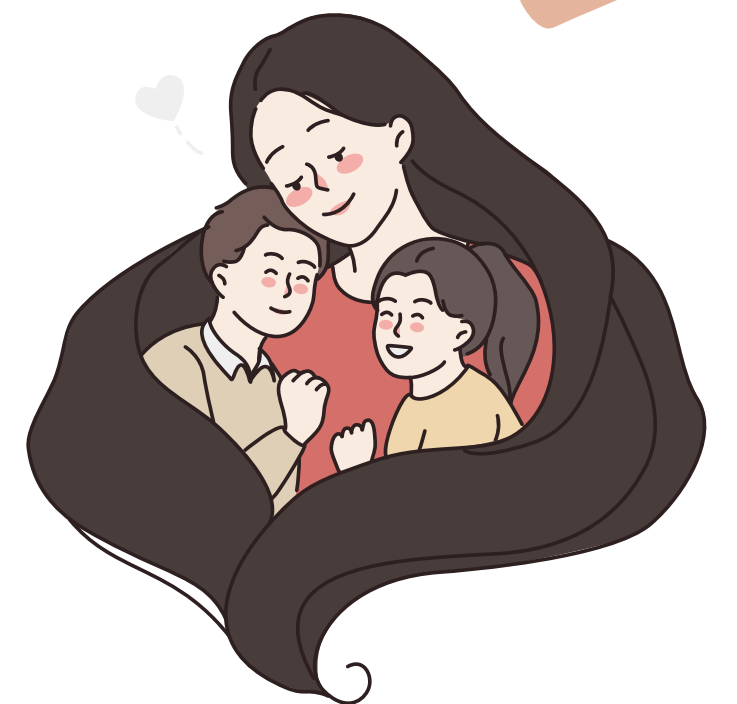
Positivity word search



Monthly positivity calendar



Gratitude reflections



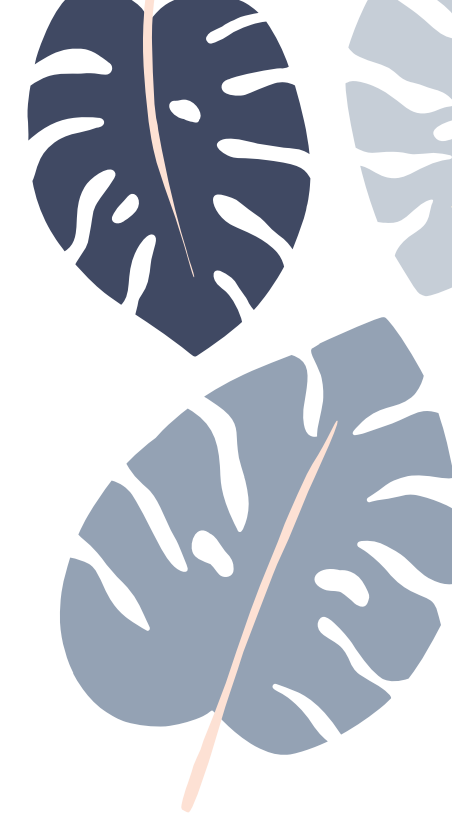
Printable lunchbox affirmations



Printable bookmarks

Positivity

WORD SEARCH



N H T U R T C I G A M S F
I F S S P R P D D G P D D
C S D V E U H V R M R V R
E M F S A S A S T R O N G
C A L M C T P V J D T V S
B R A V E F P O D F T Z D
P T S D F G Y K C U L C C
R F C O U R A G E E V O L
E D O O F D O B C D O B C
T N O G R N S F T E E W S
T S L A G I D D G P D G F
Y D V D M K V R M R V Y S
S F S T A E R G V E R O M

CIRCLE THE WORDS THAT DESCRIBES YOU THE MOST

SMART CALM BRAVE STRONG LUCKY

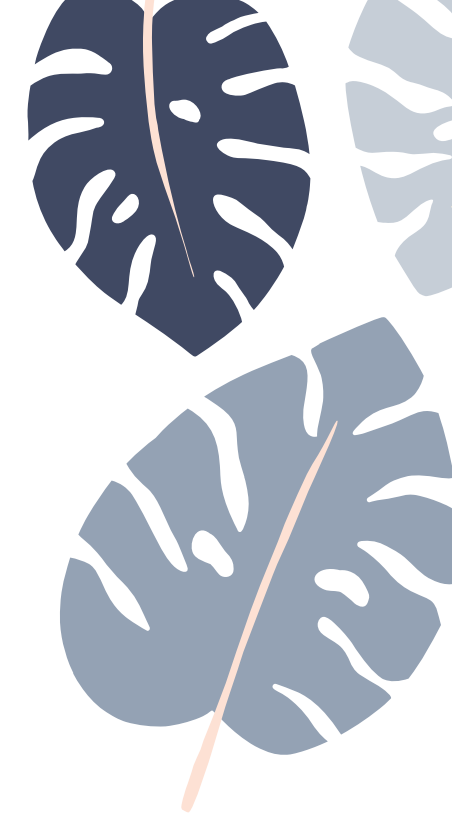
SWEET HAPPY JOY KIND LOVE

GOOD MAGIC PEACE TRUST COURAGE

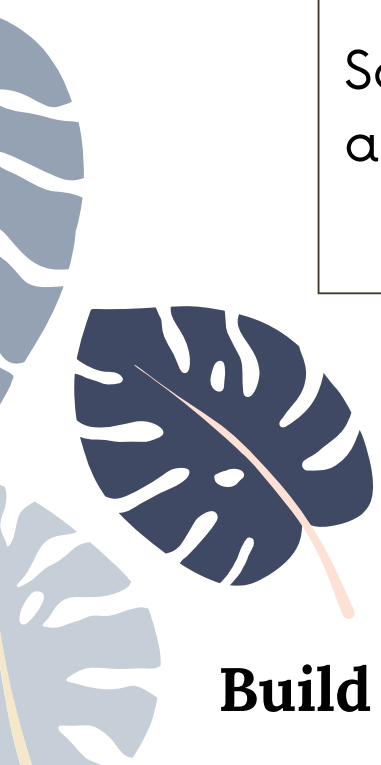
GREAT NICE PRETTY TRUTH COOL

Monthly Positivity

CALENDAR

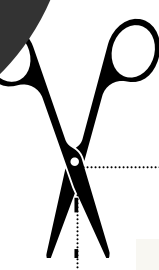


01 Talk about 3 things you are grateful for	02 Name something you would like to be better at	03 I am happiest when I _____	04 Talk about someone you admire
05 Name 2 things you are grateful for, from your parents	06 Give someone a high five	07 Share a characteristic you admire in others	08 Share the greatest compliment you have ever received.
09 If I could be friends with any famous person in history, who would it be and why?	10 Describe something someone could do to make you feel happy.	11 Share something you would like to do but haven't done yet	12 Name something you would like to be better at
13 Share a happy event in your life.	14 Name a personal accomplishment that made you proud.	15 I feel good about myself when _____	16 Describe your perfect vacation.
17 I am happiest when I _____	18 Give a compliment to the person on your left	19 Think of one person you want to forgive	20 Describe your perfect day, from day to nighttime
21 Find something that you would like to share or give to someone	22 Create a thank you card for essential workers	23 Tell the person on your right that they are doing a great job.	24 Write about a smell you love
25 Stand up and say " I am ___ and I can do anything I set my mind to"	26 I feel best when people _____	27 Have a family game night	28 Give your teacher a thank you card
29 Say something positive about yourself	30 Give a compliment to your friend	31 Start a gratitude journal	



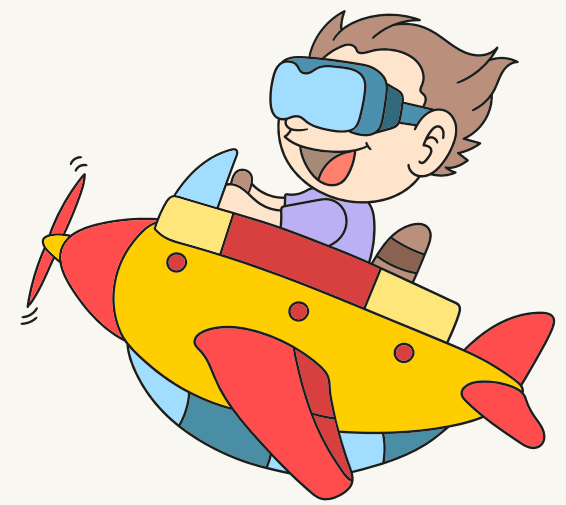
Printable

LUNCHBOX AFFIRMATIONS



I am surrounded by

Love



I will

Soar



I will do

Great things

today



I am a

Gift

to those around me



I

Refuse

to quit



I am

Strong



I have

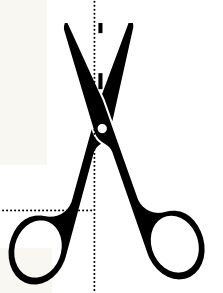
Great

ideas



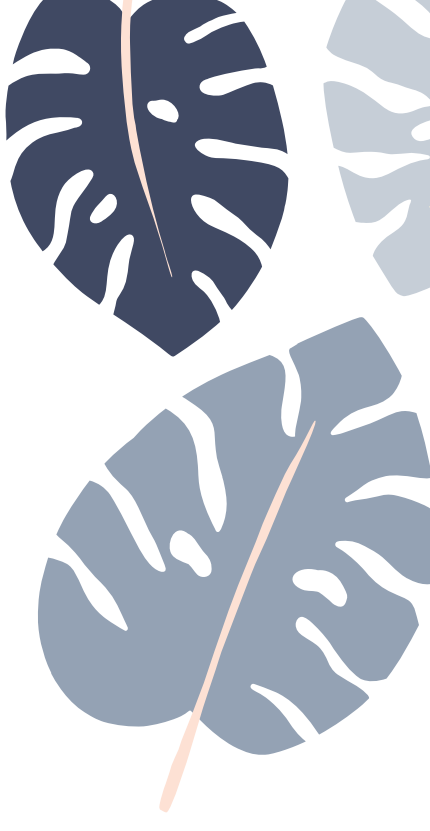
I am

Creative



Gratitude

REFLECTIONS



DAY:

DATE:

Describe the reason why you feel grateful:

.....

.....

.....

Mention the things you appreciate:

.....

.....

Mention the things you are looking forward to:


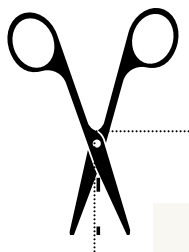
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Printable


AFFIRMATIONS




I am



I am




I am




I am



I am



I am



I am



I am

