

10 Confidence-Building Affirmations for Children

1. I am enough just as I am.

I don't need to be anyone else. I am special because I am me.

2. I can do hard things.

I can keep trying, keep learning, and keep growing.

3. I believe in myself.

I trust my heart and my abilities.

4. Mistakes help me learn.

Every mistake is a chance to grow stronger and wiser.

5. My voice matters.

What I think, feel and say is important.

6. I am growing every day.

I don't have to be perfect. I am learning and becoming more me.

7. I am kind to myself.

I speak to myself with the same kindness I give to others.

8. I am brave.

Being brave means trying, even when something feels difficult.

9. I have gifts to share.

There is something special inside me that the world needs.

❤️🌈 **10. I am loved.**

I am worthy of love, kindness and belonging exactly as I am.

The Heart Kids Club Promise

Remember, little heart:

You are loved.

You are special.

You are enough.

And your greatest superpower is being YOU.

❤️ Jane King Founder, The Heart Kids Club