

positive affirmation

BRACELETS

I AM BECOMING *stronger* EVERY DAY.

I AM *loved*.

I AM A *hard worker*.

I AM IN *control* OF MY EMOTIONS.

I *believe* IN MYSELF.



positive affirmation

BRACELETS

I WILL *learn* FROM MY MISTAKES.

I WILL MAKE *good* CHOICES.

I AM *helpful*.

I *always* DO MY BEST.

CHALLENGES HELP ME *grow*.

