

POSITIVE AFFIRMATIONS FOR TEENS

1. I am capable of learning quickly.
2. I am okay with being who I am.
3. I forgive myself as much as I forgive others.
4. I follow my own beliefs and people respect me for that.
5. I am kind to everyone.
6. I am kind to myself.
7. I deserve success in all areas of my life.
8. I attract kindness from the world.
9. I see myself as an amazing person.
10. I am valuable to my family and friends.
11. I deserve all the love I get.
12. I am a caring friend.
13. I have the power to overcome any difficulties that come my way.
14. I am unique and vital.
15. I forgive myself for my mistakes.
16. I choose to see beyond my insecurities.
17. I trust my instincts in everything I do.
18. I trust myself to make sober life-shaping decisions.
19. I am good enough, just as I am.
20. I rise above all the hurt I have endured.
21. I see myself as an influential person.
22. I get up every time I fall.
23. I show up for my friends fully.
24. I take breaks when I need to.
25. I embrace my body and all its flaws.
26. I am making positive changes in my life.
27. I love who I am becoming.

POSITIVE AFFIRMATIONS FOR TEEN GIRLS

1. I am safe and secure.
2. I love every part of me.
3. I am a beautiful person.
4. I am an amazing gift to myself and the world at large.
5. I appreciate myself for all I give to myself.
6. I am the most important thing in my life.
7. I do not need the company of others to feel complete.
8. The past has no control over me; I let it stay the past.
9. I will get everything I need to succeed in this stage in life.
10. I choose to be present in this moment.
11. I believe in myself and all my abilities.
12. I cannot give up on my dreams.
13. I am on the right path to realizing my goals.
14. I am more than enough.
15. I refrain from criticizing myself, and I allow myself to get over my mistakes.
16. I am proud of what I have become.
17. I will reward myself and praise myself for every accomplishment.
18. I am my only competition; it is me versus me.
19. I will focus on the light that is within me.
20. My journey is unique to me and my dreams.
21. I have an answer in front of me.
22. I will have a solution to every problem I face.
23. I am loved and appreciated.
24. I accept people for who they are and love them regardless.
25. I let go of my worries; they do not serve me.
26. I trust my ability to achieve my goals.
27. I will start my day with joy and gratitude.
28. I will focus on my good thoughts and silence the negative ones.

POSITIVE AFFIRMATIONS FOR TEENAGE GUYS

1. I am brave.
2. I have an unlimited potential to grow.
3. My emotions matter, and I am allowed to feel them.
4. I have powerful thoughts for success.
5. I will stay calm in times of chaos.
6. I believe in myself and my values.
7. I see the best in myself and others.
8. I am learning and growing every day.
9. I have positive people around me.
10. I make good choices in my life.
11. I am doing my best.
12. I am proud of the person I can see in the mirror.
13. My gifts and talents are valuable to the world.
14. I embrace my assertive nature.
15. I am learning from every challenge I am facing.
16. I can ask for help whenever I need it.
17. I am confident about the way I dress and look.
18. I will not make excuses; I can do everything I set my mind to.
19. I am laying a solid foundation for my future.
20. I will change my negative thoughts to positive ones.
21. I am responsible for the choices I make.
22. I am committed to seeing myself succeed in all areas of my life.
23. I surround myself with people that see my greatness.
24. I will do my best for my mind and body.
25. I have a place to fill in this world, and I will do my best to fill it.

POSITIVE AFFIRMATIONS FOR TEENS WITH ANXIETY

1. I am safe and under no threats at this moment.
2. I choose to react positively to any challenge that comes my way.
3. I choose to feel calm in this situation.
4. I am right where I need to be in life, neither slow nor fast with my life.
5. I choose to nurture thoughts to get me through this situation.
6. I forgive myself for letting negative thoughts get to me.
7. I inhale the good and exhale the bad.
8. I am in the right frame of mind.
9. I am not my anxiety; this will pass.
10. I have the strength and willpower to move beyond this anxious moment.
11. I will survive and bloom to greatness.
12. I cultivate my inner calm and express it.
13. I focus my energy on my values and not my anxiety.
14. I am living life with intention.
15. I will not allow my triggers to feed my anxiety.
16. I am not in danger; it is just an uncomfortable situation that will pass.
17. I take things one day at a time, one step at a time.
18. This is only a thought, and it can be changed.
19. This present moment is valuable.
20. I am guarded and protected at all times.
21. I trust the process of my life, even with the challenges.
22. It is safe for me to stand up for myself and speak my truth.
23. I have the power to go through this process and come out whole.
24. I am in the process of positive change.
25. I am allowed to feel what I am feeling.
26. I am facing life with courage.
27. The only moment I need to focus on is this very moment.
28. I let go of what I cannot change.
29. I will find joy in the little things.
30. My feelings are valid.

POSITIVE AFFIRMATIONS FOR TEENS ABOUT DEPRESSION

1. This challenging phase of my life will come to an end.
2. Everything happening now is part of my process to my highest self.
3. I believe in my ability to get through tough times.
4. Everything I need is within me.
5. I have the love and support I need to get through this phase.
6. I have so much to be grateful for in my life.
7. Every day is a gift.
8. I am proud of where I have come from.
9. I deserve happiness.
10. I show myself kindness and forgiveness.
11. My depressive phase will pass.
12. No feeling lasts forever.
13. I am getting closer to feeling my best.
14. I love myself unconditionally.
15. I am doing great today.
16. I deserve happy days.
17. One day everything will be okay.
18. I can do difficult things.
19. I am strong.
20. Life is worth living.
21. I am in full control of my life.
22. I am not selfish; I choose myself before anyone else.
23. I deserve to rest.
24. I am healing.
25. I am worthy of getting support and help.

POSITIVE AFFIRMATIONS FOR TEENS FROM PARENTS

1. You matter to me.
2. I love your smile.
3. I am listening to you.
4. I value your presence.
5. I hear your concerns.
6. I understand.
7. You put so much effort into bettering yourself.
8. I am here to support your journey.
9. I believe in your ability to make smart decisions.
10. What you are feeling is valid.
11. You are right.
12. You are enough.
13. I value your opinion.
14. You are helpful to me.
15. I am rooting for you.
16. I love you.
17. You can say yes or no.
18. You are not alone in this.
19. Your friends are lucky to have you.
20. I know you can hack this.
21. It's okay to cry.
22. You have the opportunity to try again.
23. You teach me every day.
24. You are my precious gift.
25. This family would not be the same without you.