



10 Positive Affirmations

to help build your child's self-esteem

1

"YOU are such a hard worker"

"Practice makes you better"

6

2

"That is a great question"

"YOU did it"

7

3

"I am so proud of YOU"

"I love _____"
(quality about child)

8

4

You showed a lot of courage when _____

"It is okay to make mistakes"

9

5

"YOU are awesome"

"Great thinking!"

10

