Daily Affirmations

My mirror list

Think of a hard moment. What would you say to a friend?

Write three short, kind lines that feel right to you.

Try: I can ask for help. / I can take one step at a time.

1. _____

2. _____

3. _____

Put this by your mirror, bed, or backpack.

Read it out loud or quietly once a day. Change the words when you want.