

# 37 Positive Affirmations for Teens

*(Adapted by Loving Our Children Inc from 7mindsets.com)*

## *To increase self-esteem and body image:*

1. I embrace my flaws because I know that nobody is perfect
2. I don't want to look like anyone but myself
3. I get better every day in every way
4. My self-worth is not determined by a number on a scale
5. I matter, and what I have to offer this world also matters
6. I love myself deeply and completely

## *To help deal with adversity*

7. This too shall pass
8. Failure is great feedback
9. I am confident about solving life's problems successfully
10. I learn from my challenges and always find ways to overcome them
11. Everything works out for the best possible good
12. I press on because I believe in my path

## *To encourage belief in your future*

13. If I can conceive it and believe it, I can achieve it
14. The future is good, and I look toward it with hope and happiness
15. I can do whatever I focus my mind on
16. I follow my dreams no matter what
17. All my problems have solutions
18. I am open to all possibilities

## *To reduce comparing yourselves to others*

19. I compare myself only to my best self
20. I am not trying to fit in, because I was born to stand out
21. I refrain from comparing myself to others
22. Beauty comes in all shapes and sizes
23. I am who I want to be starting right now
24. I see perfection in both my virtues and my flaws

## *To deal with bullying or social conflict*

25. I belong, and I am good enough
26. No one can make me feel inferior without my consent
27. I surround myself with people who treat me well
28. I see the beauty in others
29. I am safe and sound, and all is well
30. It is okay to say no because those who matter don't mind and those who mind don't matter

*To improve overall attitude*

31. I am perfect and complete just the way I am
32. I control my emotions; they don't control me
33. I am too big a gift to this world to feel self-pity
34. Today is the best day of my life
35. I fill my day with hope and face it with joy
36. I choose to fully participate in this existence
37. The mistakes I made yesterday are creating the person I'll be tomorrow