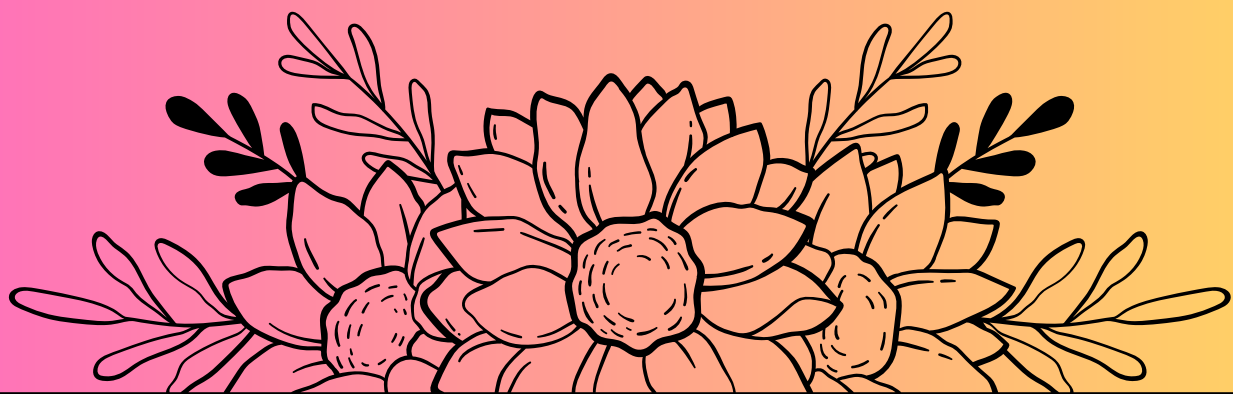




AFFIRMATIONS



COLORING BOOK FOR
KIDS

I am confident



Draw a picture of something you
feel really good at doing. How
does it make you feel?



I am brave



Share a story about a time when
you were brave. What did you do,
and how did it make you feel?



I am powerful



Draw yourself as a superhero.
What superpower do you have,
and how do you use it to help
others?



I am humble



Talk about something nice you did
for someone without expecting
anything in return. How did it
make you feel?



I am special



Draw a picture of what makes
you unique and special. It could be
something you're good at or
something you love.



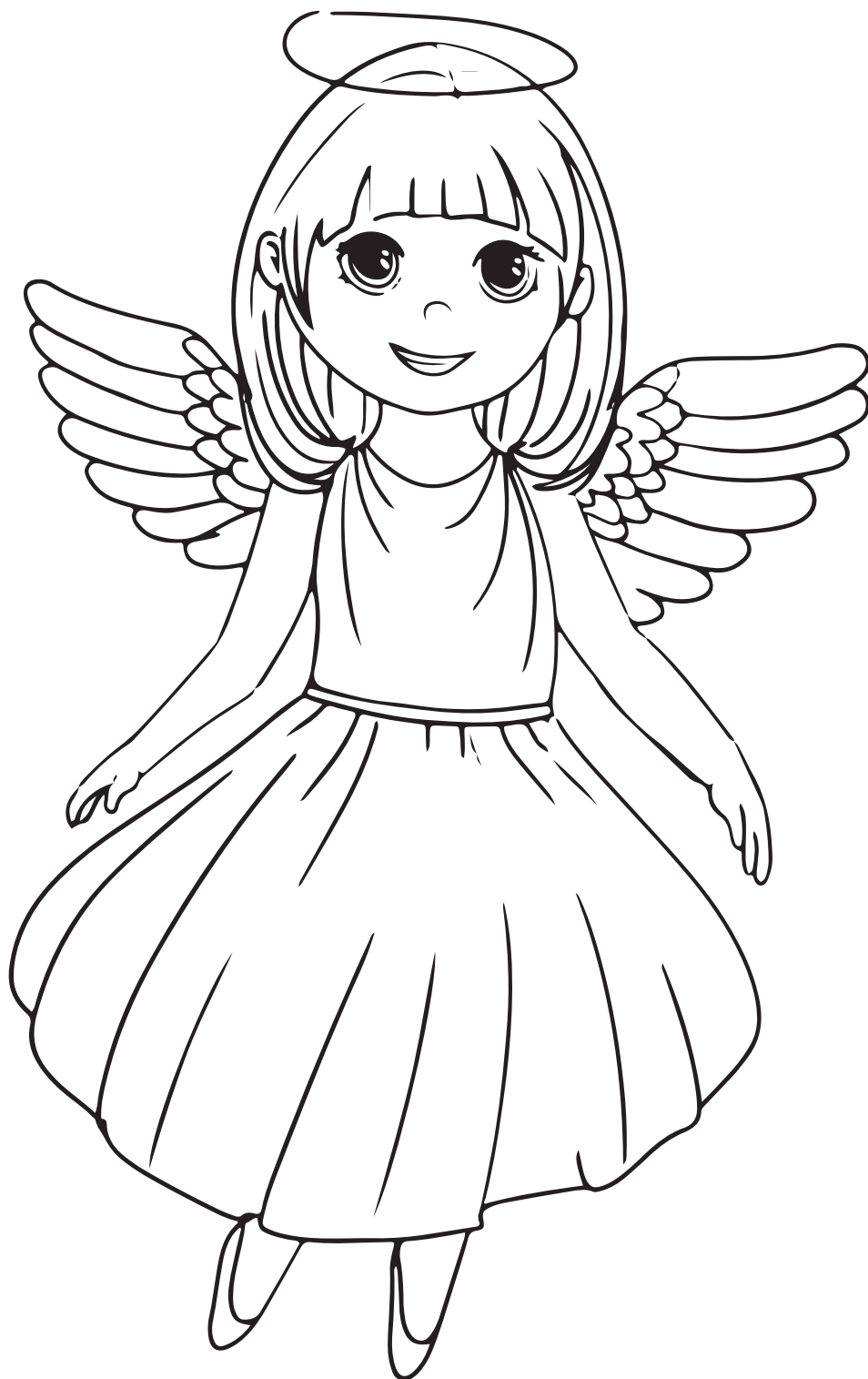
I am driven



Share a goal you want to achieve.
What steps can you take to
work towards that goal?



I am considerate



Talk about a time when you were
considerate of someone else's
feelings. How did it make them
and you feel?



I am kind



Draw a picture of a kind gesture
you can do for someone. How
does being kind make you feel?



I am worthy



Share something you're proud of.
Why do you think you deserve to
feel proud?



