An affirmation is anything you say or think to yourself.

Using positive affirmations are like acts of kindness and love towards yourself which will help build self-esteem and self-belief which will stay with you through your life.

Start your day by saying to yourself, or just thinking, of a positive affirmation.

Below are a few examples to help get you started.

There is no one better to be than myself.

I am enough.

I get better every single day.

I am an amazing person.

All of my problems have solutions.

Today I am a leader.

I forgive myself for my mistakes.

My challenges help me grow.

I choose my own attitude.

I'm choosing to have an amazing day.