

DAILY AFFIRMATIONS FOR TEENAGERS

I don't have to be perfect. I'm pretty freaking **AWESOME** just the way I am.

It's okay to be scared or confused. I don't need every answer now. It'll be okay...

REMINDER
Life isn't always easy, but the challenges make me **STRONGER**.

I don't have to follow the crowd to fit in. I'm blazing my **OWN** trail.

YOU GOT THIS!
I might fumble 9 times. What matters is that I get back up the 10th time.

I deserve to be surrounded by friends who **LOVE** and accept me **JUST** the way I am.

Stop being so hard on yourself. Your **BEST** teacher is your last mistake.

