

CONFIDENCE

001

I like who I am becoming.



CONFIDENCE

002

My voice matters, even when it shakes.



CONFIDENCE

003

I can do hard things one step at a time.



CONFIDENCE

004

I am allowed to take up space.



CONFIDENCE

005

I speak kindly to myself.



CONFIDENCE

006

I am proud of the effort I gave today.



CONFIDENCE

007

I do not have to be perfect to be great.



CONFIDENCE

008

I trust myself to figure things out.



CONFIDENCE

009

I am enough, exactly as I am right now.



CONFIDENCE

010

I can raise my hand even if I am unsure.



CONFIDENCE

011

My ideas are worth sharing.



CONFIDENCE

012

I stand tall and breathe slow.



CONFIDENCE

013

I choose courage over comfort today.



CONFIDENCE

014

I am not what other people say about me.



CONFIDENCE

015

I belong in every room I walk into.



GRIT

016

I keep going when things get hard.



GRIT

017

Mistakes mean I am trying.



GRIT

018

I finish what I start.



GRIT

019

Slow progress is still progress.



GRIT

020

I can rest, then start again.



GRIT

021

Hard work grows my brain.



GRIT

022

I do not quit on myself.



GRIT

023

One more try is always worth it.



GRIT

024

I get stronger every time I fall and stand up.



GRIT

025

Frustration means I am close to learning.



GRIT

026

I choose practice over perfect.



GRIT

027

Today I will do the hard part first.



GRIT

028

I keep my promises to myself.



GRIT

029

Small steps every day beat big steps once.



GRIT

030

I am the kind of kid who keeps showing up.



CONTINUOUS LEARNING

031

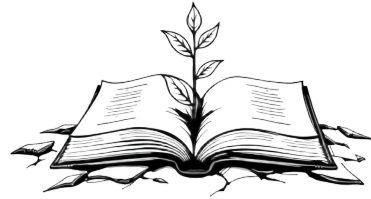
I can't do it yet — and yet is a beginning.



CONTINUOUS LEARNING

032

Questions make me smarter.



CONTINUOUS LEARNING

033

I learn something new every single day.



CONTINUOUS LEARNING

034

Feedback helps me grow.



CONTINUOUS LEARNING

035

I am curious about how things work.



CONTINUOUS LEARNING

036

Reading takes me everywhere.



CONTINUOUS LEARNING

037

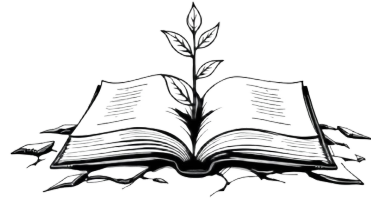
I can change my mind when I learn more.



CONTINUOUS LEARNING

038

My brain is a muscle and I train it.



CONTINUOUS LEARNING

039

Being a beginner is brave.



CONTINUOUS LEARNING

040

I look for the lesson inside the mistake.



CONTINUOUS LEARNING

041

I can teach someone what I just learned.



CONTINUOUS LEARNING

042

Hard subjects are just new adventures.



CONTINUOUS LEARNING

043

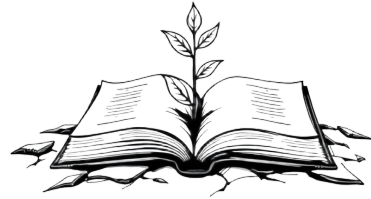
I ask for help when I need it.



CONTINUOUS LEARNING

044

Every expert was once exactly where I am.



OVERCOMING FEARS

045

Brave is being scared and going anyway.



OVERCOMING FEARS

046

I can breathe in for four and out for four.



OVERCOMING FEARS

047

Big feelings pass, and I am safe.



OVERCOMING FEARS

048

I have done scary things before.



OVERCOMING FEARS

049

New places become familiar places.



OVERCOMING FEARS

050

I can take one brave step today.



OVERCOMING FEARS

051

My worry is not in charge of me.



OVERCOMING FEARS

052

I am braver than the thing I am afraid of.



OVERCOMING FEARS

053

I can ask for a hand to hold.



OVERCOMING FEARS

054

The dark is just the room with the light off.



OVERCOMING FEARS

055

I can be nervous and excited at the same time.



OVERCOMING FEARS

056

Trying and failing is braver than not trying.



OVERCOMING FEARS

057

I name my fear, and it gets smaller.



OVERCOMING FEARS

058

I am safe, I am loved, I am okay.



CONNECTING

059

I make room for other people at the table.



CONNECTING

060

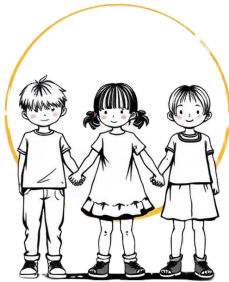
Kindness is something I choose on purpose.



CONNECTING

061

I listen with my whole face.



CONNECTING

062

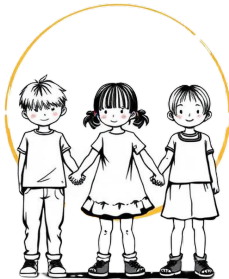
I can be the friend someone needs today.



CONNECTING

063

Saying sorry makes me strong, not small.



CONNECTING

064

I include the kid standing alone.



CONNECTING

065

My family is on my team.



CONNECTING

066

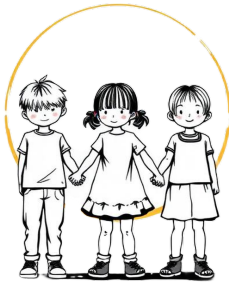
I can disagree and still be kind.



CONNECTING

067

Helping someone helps me too.



CONNECTING

068

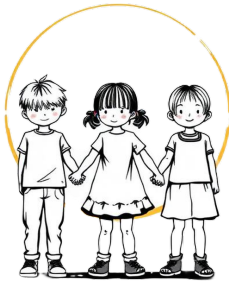
I tell people what I appreciate about them.



CONNECTING

069

Everyone has a story I have not heard yet.



CONNECTING

070

I share the good things I have.



CONNECTING

071

I can ask, 'Are you okay?'



CONNECTING

072

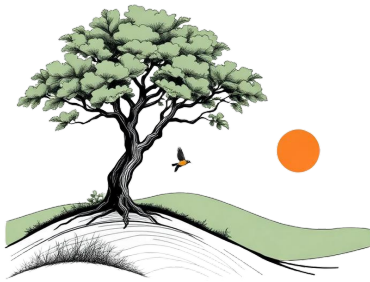
We are better together than alone.



APPRECIATING NATURE

073

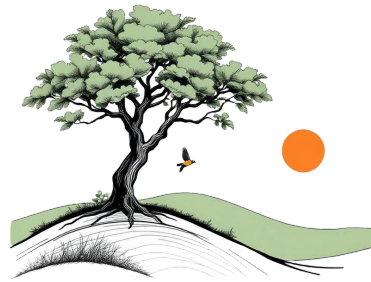
I notice the world around me.



APPRECIATING NATURE

074

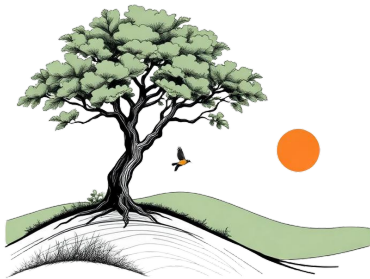
Fresh air clears my busy mind.



APPRECIATING NATURE

075

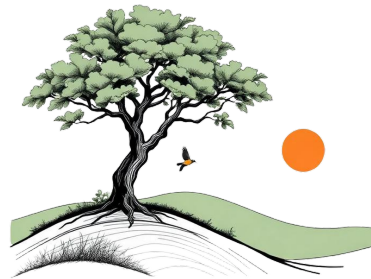
I take care of the earth in small ways.



APPRECIATING NATURE

076

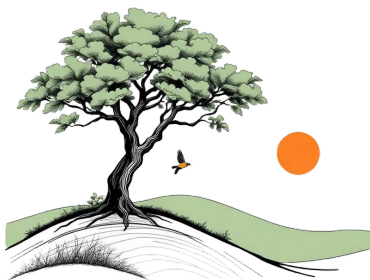
Trees grow slowly, and so do I.



APPRECIATING NATURE

077

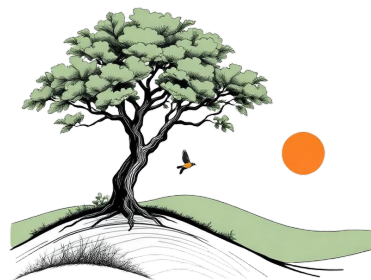
I can be still and listen to the birds.



APPRECIATING NATURE

078

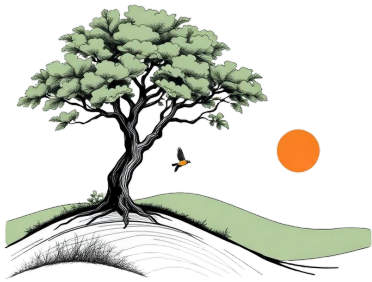
The sky is different every single day.



APPRECIATING NATURE

079

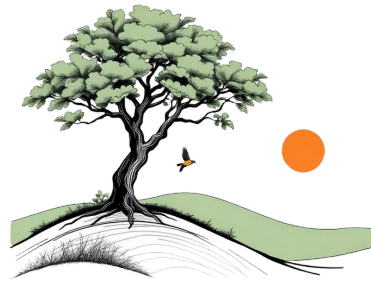
I pick up litter even when nobody sees.



APPRECIATING NATURE

080

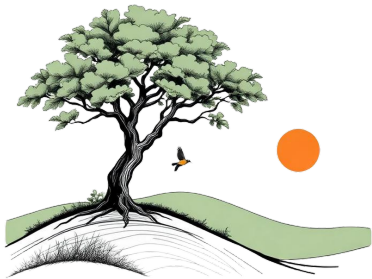
Wonder is everywhere if I look closely.



APPRECIATING NATURE

081

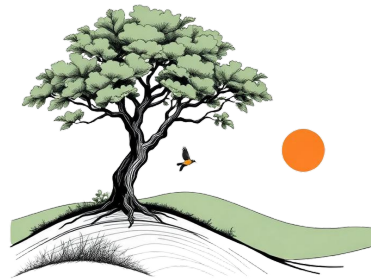
Muddy hands mean a good day.



APPRECIATING NATURE

082

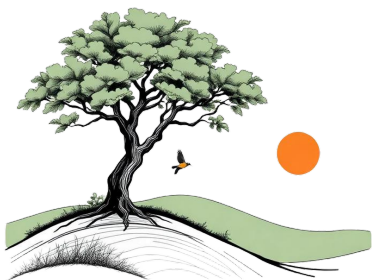
I am part of something much bigger than me.



APPRECIATING NATURE

083

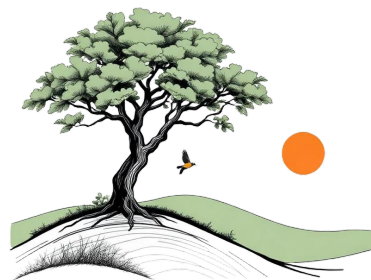
Rain helps things grow, including me.



APPRECIATING NATURE

084

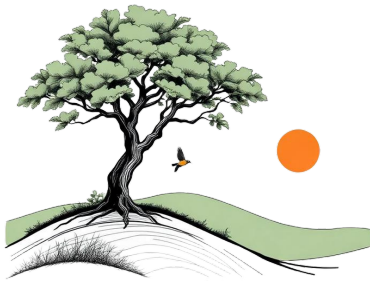
I move my body outside today.



APPRECIATING NATURE

085

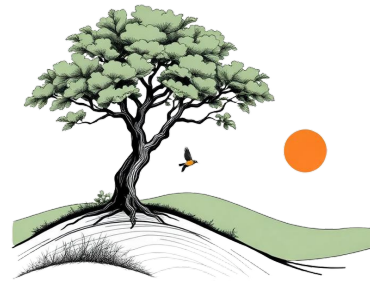
Seeds become forests. Patience works.



APPRECIATING NATURE

086

I am gentle with living things.



BEING GRATEFUL

087

I have enough, and I am enough.



BEING GRATEFUL

088

I can find three good things about today.



BEING GRATEFUL

089

Thank you is my favorite thing to say.



BEING GRATEFUL

090

I am thankful for the people who help me.



BEING GRATEFUL

091

Small joys count too.



BEING GRATEFUL

092

I notice what is going right.



BEING GRATEFUL

093

My body does amazing things for me.



BEING GRATEFUL

094

I am grateful for a place to sleep and food to eat.



BEING GRATEFUL

095

Hard days teach me to be thankful for easy ones.



BEING GRATEFUL

096

I say thank you before I ask for more.



BEING GRATEFUL

097

I am lucky to be learning and growing.



BEING GRATEFUL

098

Someone loves me very much today.



BEING GRATEFUL

099

I give thanks for this ordinary, wonderful day.



BEING GRATEFUL

100

Gratitude turns what I have into enough.

