Positive Affirmation Cards

If used in group setting: -You can start your groups by pulling one card (or more) and asking group members, "Who could use this card today and why?" Give the card to the group member who answers and allow them to keep it!

<sup>©</sup>Copyright 2019 Jessie Drew, LLC www.mygroupguide.com





# I an brave

#### I can & I will

I am doing the best I can, and that is enough















#### I embrace challenges



The possibilities in life excite & energize me

#### I choose to move on

## I am important











I have strength in my heart & clarity in my mind





I forgive myself for making mistakes. I am human and I learn from them









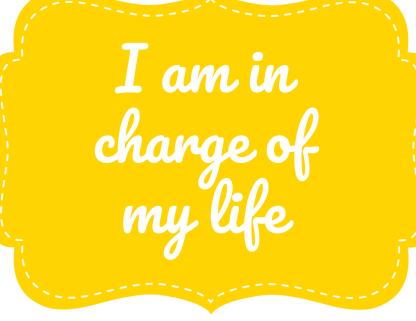
### I deserve the best



Every decision I make is the right one for me



# I take care of myself







Instruct & Inspire -Thank you for the rainbow frames!

©Copyright 2019 Jessie Drew, LCC www.mygroupguide.com