

Affirmation Cards Template

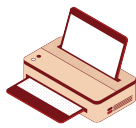


The Aussie Hands
Foundation Inc.

Affirmation cards are a fun activity to encourage positive self-thoughts and help remind you just how amazing you are! Examples of affirmations could include 'I am smart', 'I can play soccer', 'I have wonderful friends'.

Follow the instructions below to make your very own affirmation cards.

1



Print the affirmation cards.

2



Cut along the dotted line.

3

Fill in the cards with words that describe you.

4



Decorate.

5



Put the cards somewhere you can see them every day!

I AM..



I CAN..



I HAVE..

