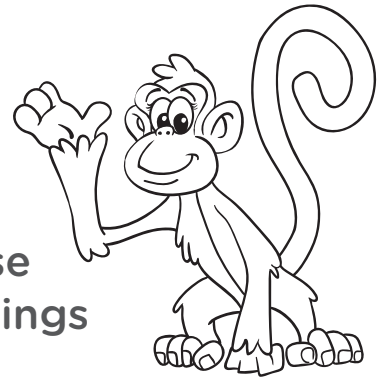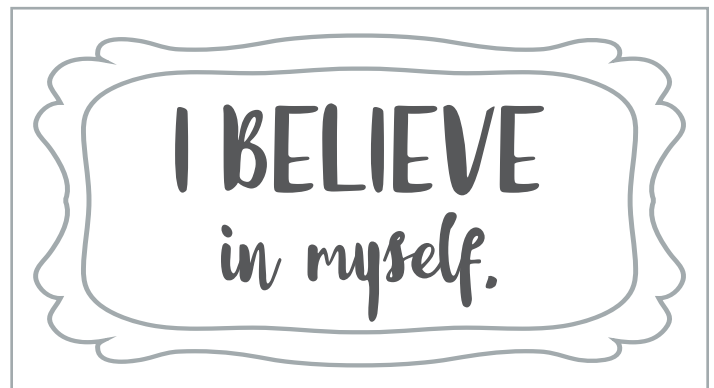# Think Positive!

The words that you say to yourself and others are very important. When you think positive, happy thoughts, you feel good inside and bring kindness to others, says Roxy the Monkey. Use these cards to develop a positive attitude, think about things you love about yourself and build your confidence.

Print, color and cut the cards apart. Pick one card each day and read it aloud three times to practice positive thinking.

I am HELPFUL.

I BELIEVE in myself.

I am a good friend.

I am SPECIAL.

I always do my BEST.

I am CREATIVE.

Print, color and cut the cards apart. Pick one card each day
and read it aloud three times to practice positive thinking.

I NEVER give up.

I am STRONG & HEALTHY.

I choose to be HAPPY.

I am PROUD of myself.

I care about the WORLD around me.

I REACH for the STARS.

I CARE about others.

I am WONDERFUL.

mindful
by sodexo