

## Affirmations / Feel-Good Words / Mood Changers

The words below are useful to make your own phrases.

I am... I can... I will... I make... I know... Be...

I choose to... Stay calm... Relax... Enjoy... I can do it...

Write your own sentences below. There are two to start you off.

I have much to be thankful for...

I make the best of my situation and look for ways forwards...