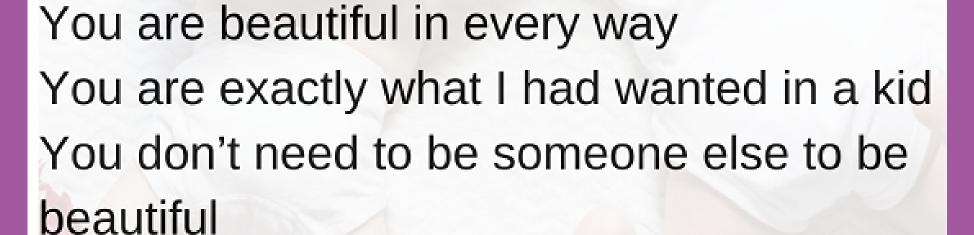
Young & Whole

AFFIRMATIONS FOR BUILDING YOUR
CHILD'S SELF-ESTEEM

You are smart
I believe in you
I'm proud of you
Never stop dreaming
You are a very good kid
I love you and always will
You're the best thing in life
You are special and unique



It's normal to make mistakes, learn from them to be a better person Aim for number one, but it's not always

that you will win. Be happy whichever way Pain is normal in life, but don't hurt for too long. Always get up faster than you fell