

# 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

You are beautiful in every way

You are exactly what I had wanted in a kid

You don't need to be someone else to be  
beautiful

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

