

Positive Affirmations May Calendar

Sunday

1
I am loved.

8
I am helpful.

15
I am kind.

22
I learn from my challenges.

29
I see the good in myself and others.

Saturday

7
I am curious.

14
I am thankful.

21
I make good choices.

28
I am generous.

Friday

6
I am unique.

13
I always try my best.

20
I am honest.

27
I can try again.

Thursday

5
I am creative.

12
I am confident.

19
I am doing the best I can.

26
I am patient and calm.

Wednesday

4
I am worthy.

11
I am free to be myself.

18
I am a good friend.

25
I stand up for what I believe in.

Tuesday

3
I believe in myself and my abilities.

10
I can make a difference.

17
I like challenges.

24
It is ok if I make mistakes.

31
Today is going to be a great day!

Monday

2
I am open and ready to learn.

9
I can do hard things.

16
I ask for help.

23
I am a good listener.

30
I believe in my dreams and goals.