

# Positive Affirmations March Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1  
I believe in  
myself and  
my abilities.

2  
I am worthy.

3  
I am  
creative.

4  
I am unique.

5  
I am curious.

6  
I am helpful.

7  
I can do  
hard things.

8  
I can make a  
difference.

9  
I am free to  
be myself.

10  
I am  
confident.

11  
I always try  
my best.

12  
I am  
thankful.

13  
I am kind.

14  
I ask for  
help.

15  
I like  
challenges.

16  
I am a good  
friend.

17  
I am doing  
the best  
I can.

18  
I am honest.

19  
I make good  
choices.

20  
I learn  
from my  
challenges.

21  
I am a good  
listener.

22  
It is ok  
if I make  
mistakes.

23  
I stand up  
for what I  
believe in.

24  
I am patient  
and calm.

25  
I can try  
again.

26  
I am  
generous.

27  
I see the good  
in myself  
and others.

28  
I am open  
and ready  
to learn.

29  
I believe in  
my dreams  
and goals.

30  
I am loved.

31  
Today is  
going to be  
a great day!