

MESSY HANDS-STRETCHING CANVAS AFFIRMATIONS:

I am loving	Every day, in every way, I am getting better and better.
I love and accept myself.	It's ok to make mistakes and I learn from them.
I choose to think only good things about myself.	I am safe, calm, and relaxed.
I am kind.	I am loved.
I am awesome.	I am always in the right place at the right time.
I am always doing the best I can.	I am a fast learner.
I accept compliments graciously and openly.	I am courageous even when things are unknown to me.

Write your own positive affirmations and draw a picture in each box to remind yourself how awesome you are! Cut out each affirmation in this chart. Fold each one and place them in a bag or bowl. Each day, close your eyes, take a deep breath and place one hand on your heart and with your other hand choose an affirmation from your bag or bowl as your affirmation to repeat for the day. Enjoy! Remember-you are so awesome and so loved!

For more information on all our mindful and expressive art programs, visit [www.stretchingcanvas.ca](http://www.stretchingcanvas.ca) or follow us on Instagram @stretchingcanvas

I am deserving of love, trust, and kindness.	I am gentle and kind with myself.
I am so grateful for what I have.	I am kind, generous, and loving.
I am open to new possibilities.	I am enough just the way I am.
I am smart.	I am unique and special in every way.
I am creative.	I have a great imagination.
I believe in me.	I believe I can be whatever I want to be.
I am brave.	My family and friends love me so much.

Write your own positive affirmations and draw a picture in each box to remind yourself how awesome you are! Cut out each affirmation in this chart. Fold each one and place them in a bag or bowl. Each day, close your eyes, take a deep breath and place one hand on your heart and with your other hand choose an affirmation from your bag or bowl as your affirmation to repeat for the day. Enjoy! Remember-you are so awesome and so loved!

For more information on all our mindful and expressive art programs, visit [www.stretchingcanvas.ca](http://www.stretchingcanvas.ca) or follow us on Instagram @stretchingcanvas