

## Affirmations Poster:

For this assignment I want you to write down 4-6 affirmations. They can be words or phrases, powerful quotes or even verses from a song that motivate you. Affirmations are things you want to believe about yourself, feelings you want to feel or an attitude you want to carry. Here's a great video to get some ideas: [49 Positive Affirmations For Teenagers](#)

1. Next I want you to take a picture of yourself looking in the mirror, or have someone take a picture of you looking in the mirror.

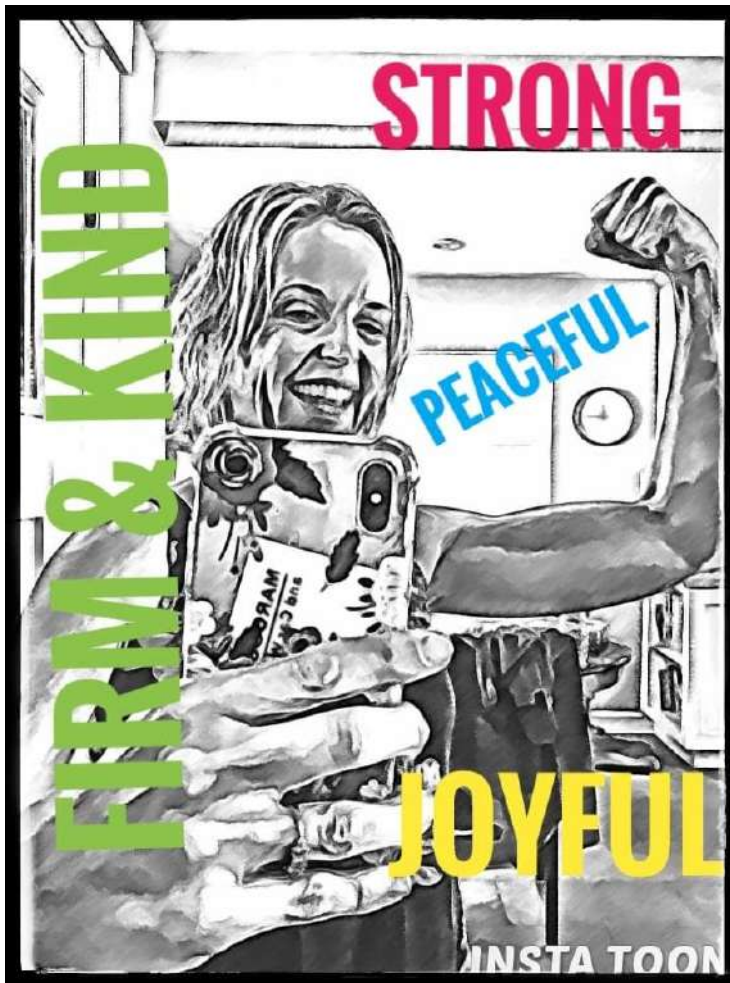
2. Then I want you to bring that picture into [InstaToon](#) for **iPhone** or [Cartoon Photo Editor](#) for **Android** and apply one of the free filters. Once you have an image you like, save it to your photo library. [Watch: Video Tutorial](#).



3. Next I want you to use [Snapseed](#) or the [Adobe Spark](#) app to add text. You need to have at least 4 affirmations on the photo. Remember they can be words or a quote, verse or song lyric. Be careful about your placement, so you can read it.

4. Put a frame on it using any app to add that finished look.

5. Upload your image for a grade.



**ENLARGE**

### POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.	76. I'm working at my own pace.
52. I am making the right choices.	77. I'm going to take a chance.
53. I surround myself with positive people.	78. Today I am going to shine.
54. I am a product of my decisions.	79. I am going to get through this.
55. I am strong and determined.	80. I'm choosing to have an amazing day.
56. Today is going to be my day.	81. I am in control of my emotions.
57. I have inner beauty.	82. My possibilities are endless.
58. I have inner strength.	83. I am calm and relaxed.
59. No matter how hard it is, I can do it.	84. I am working on myself.
60. I can live in the moment.	85. I'm prepared to succeed.
61. I start with a positive mindset.	86. I am beautiful inside and out.
62. Anything is possible.	87. Everything is fine.
63. I radiate positive energy.	88. My voice matters.
64. Wonderful things are going to happen to me.	89. I accept myself for who I am.
65. I can take deep breaths.	90. I am building my future.
66. With every breath, I feel stronger.	91. I choose to think positively.
67. I am an original.	92. My happiness is up to me.
68. I deserve all good things.	93. I'm starting a new chapter today.
69. My success is just around the corner.	94. I trust in my decisions.
70. I give myself permission to make mistakes.	95. I can change the world.
71. I am thankful for today.	96. I am smart.
72. I strive to do my best every day.	97. I choose my own attitude.
73. I'm going to push through.	98. I am important.
74. I've got this.	99. I am becoming the best version of myself.
75. I can take it one step at a time.	100. Today I will spread positivity.
	101. The more I let it go, the better I will feel.

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