



# Positive Affirmations for Middle School

For Confidence

I don't have to be perfect to be good  
at something.

I can try things before  
I feel ready.

My ideas are worth sharing.

I'm allowed to take up space.

I get better when I keep  
practicing.

I don't need everyone to like me  
to feel good about myself.

I can speak up even if  
my voice shakes.



# Positive Affirmations for Middle School

## FOR SCHOOL AND TEST STRESS

I've studied what I can, and  
that's enough for today.

One test doesn't decide my future.

I can ask for help when I don't  
get something.

Hard doesn't mean impossible.

I can start small and keep going.

My grades don't measure my worth.

I can take a break and come back to it.

I can figure this out.

# Positive Affirmations for Middle School



## For Friendships and Fitting In

1

I can be myself and still find my people.

2

Not everyone has to like me.

3

A good friend accepts me as I am.

4

It's okay to say no.

5

I can walk away from people who make me feel small.

6

I can start a conversation, even a small one.

7

Friendships change, and that doesn't mean something is wrong with me.

# Positive Affirmations for Middle School

## For Handling Mistakes

One mistake  
doesn't define me.

Mistakes show  
me what to  
work on.

I can say  
sorry and  
move on.

I'm still  
learning.

I don't have to  
get it right  
the first time.

I can  
try again.

I can talk to myself  
the way I'd talk to a friend.



# Positive Affirmations for Middle School

For Body Image and Self-Worth

My body does a lot for me  
every day.

I'm more than how I look.

Everyone grows at  
a different pace.

I don't have to compare myself  
to what I see online.

I can take care of my body  
without hating it.

My worth isn't based on  
a mirror or a number.

I can have an off day  
and still like myself.

# Positive Affirmations

## for Middle School

For Anxiety and Big Feelings

This feeling will pass.

I can take one breath  
at a time.

I don't have to solve  
everything right now.

My feelings are real,  
and I can handle them.

I've gotten through  
hard days before.

Feeling nervous doesn't  
mean I can't do it.

I can ask for help when  
things feel too big.