

Positivity Post-its!

Write something positive about yourself and see just how much you can achieve

I felt good when...



Something that went well today was...



I am proud of myself because...

I had fun when...



This makes me unique...

I learned from this mistake...



I feel strong when...



The best part of today was...

A good quality I am learning is...



This was interesting today...



Something I am grateful for is...

A way I was kind today was...



An accomplishment I made this week was...



I like this about myself...

Something I love about my life is...

