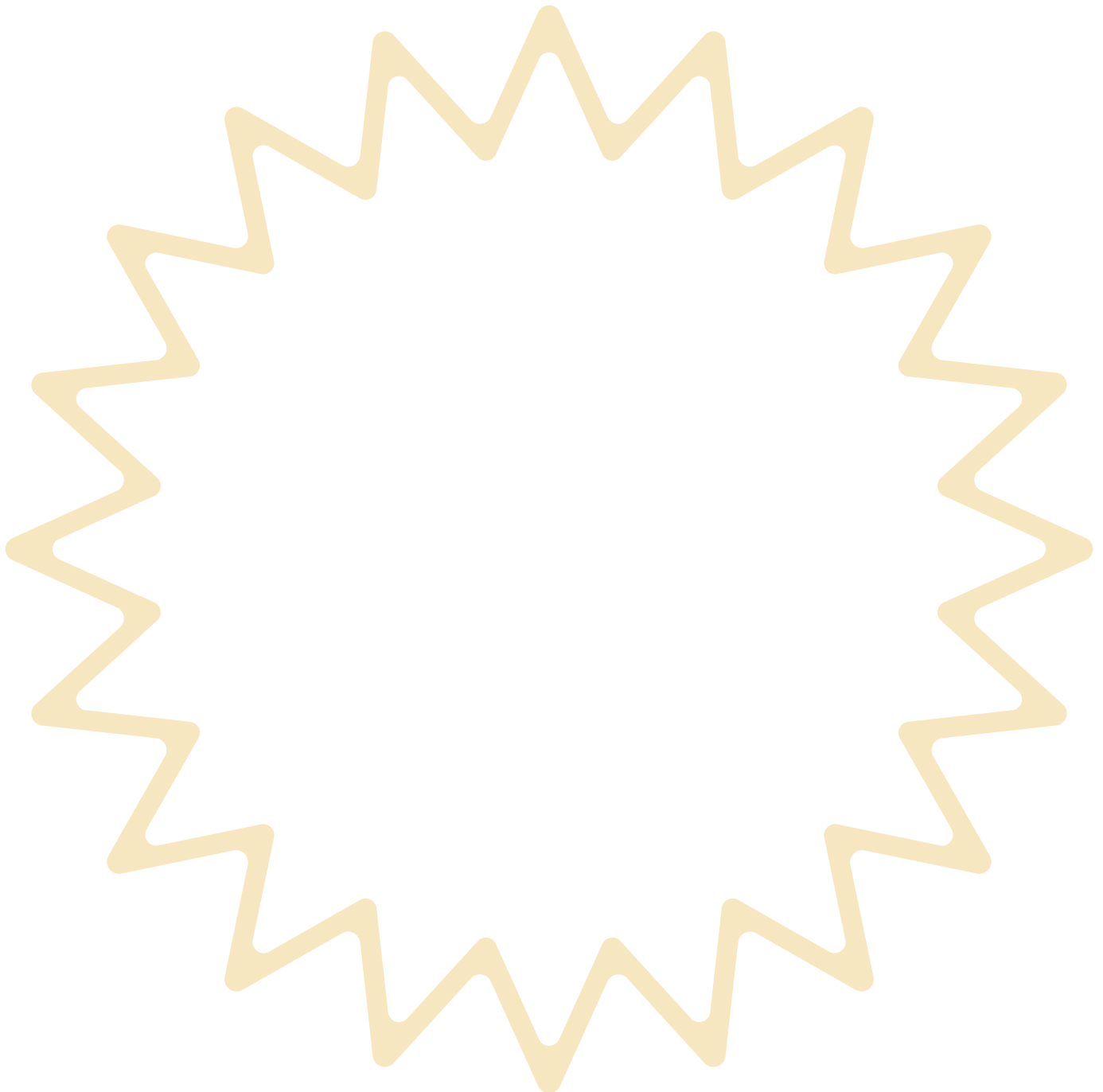


## Sunbeam Affirmation

Write a positive affirmation or kind message to yourself in the sun face below, like “I am enough,” “I am brave,” or “I bring light to others.” You can then colour, decorate, and cut out your sun, then place it somewhere you can see daily to remind yourself of the sun that always shines within you!

**BENEFITS:** Supports self-kindness and reinforces positive self-talk.



HERE