

# E Tū Tāngata Affirmations

Colour and cut out these affirmations - stick them on your mirror, or on your school books, somewhere you will see them everyday and be reminded of your value.



I have  
good things  
to offer



It is okay  
to ask  
for help

I am  
enough



It is okay  
to make  
mistakes



Someone else's  
SUCCESS is NOT  
my failure

My worth does  
not come from the  
opinions of others

I add  
VALUE  
to this  
WORLD



I can make  
a POSITIVE  
DIFFERENCE  
in this world

My voice  
matters



# E Tū Tāngata Affirmations

Colour and cut out these affirmations - stick them on your mirror, or on your school books, somewhere you will see them everyday and be reminded of your value.

  
Someone else's  
SUCCESS is NOT  
my failure

 I have  
good things  
to offer

My worth does  
not come from the  
opinions of others

 It is okay  
to ask  
for help

I add  
VALUE  
to this  
WORLD

  
I can make  
a POSITIVE  
DIFFERENCE  
in this world

I am   
enough

It is okay  
 to make  
mistakes

My voice  
matters

