




# AFFIRMATION AND DAILY REMINDERS BOOKMARKS



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For best results, print 3-5 on durable card stock paper. Colour any way you like. Cut along the dotted grey lines. Add your own flair, such as punching a hole and tying a ribbon.

You could even print these on label paper and turn them into customised coloured stickers.

By reading these affirmations daily, you can train your mind to see things in a different, more positive light, and focus on the good.



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Today I will  
Find joy in the  
Challenging  
moments



Watch this otter-ly amazing episode to uncover the secrets of positivity and playfulness.



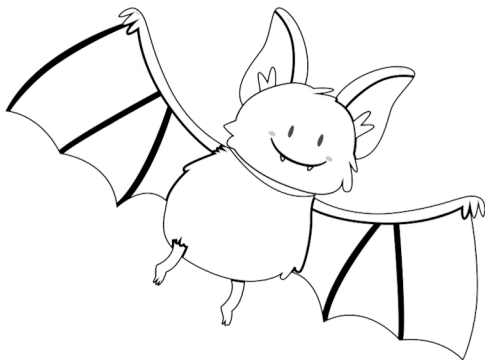
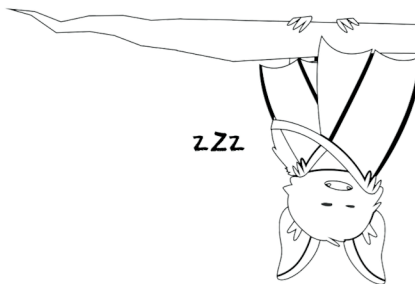
I am smart  
and adaptable.  
I Can make  
wise Choices.



Go bananas for adaptable macaques! Watch now and learn what it means to use our cleverness wisely.



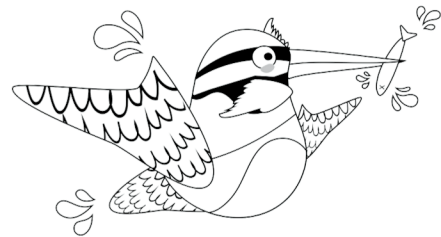
I Can Choose  
a thought  
that feels  
better



Watch this bat-tastic episode  
and learn the importance of  
gaining new perspectives.



When I am  
patient and  
calm, I make  
better choices  
in challenging  
situations.

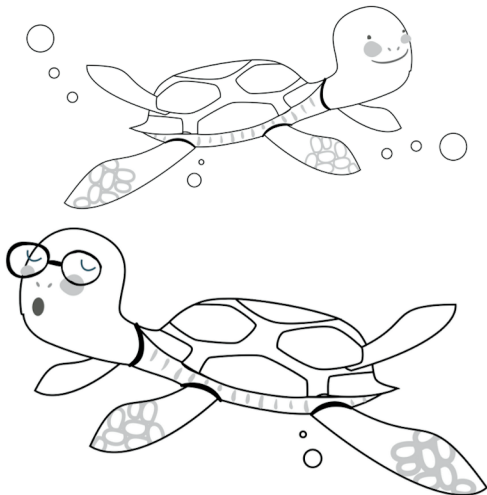


Dive into this king-tastic  
episode to learn how  
kingfishers' patience can  
inspire us to achieve our goals!





When I slow  
down and  
take time to  
rest, I can  
often go  
further and  
do better



Shell-ebrate the art of slowing down with turtles! Watch this episode to learn how taking it slow can lead to success!



My thoughts  
and feelings  
matter.  
I am proud  
of myself.



Unroll the power of pangolin resilience! Watch this episode to learn how a thick skin can shield us from unkindness.



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