

Positive Affirmations Fortune Teller

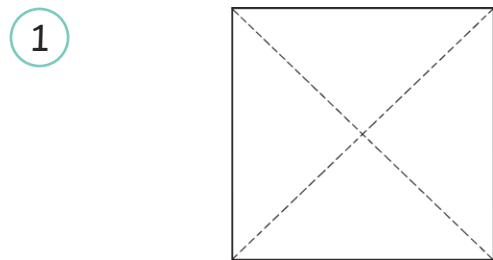
Create this fortune teller using the instructions below.

There are some positive affirmations written on the fortune teller to practise saying each day. A positive affirmation is a positive statement that can be said out loud each day to help you focus on what you want to achieve and reflect on what qualities you have already.

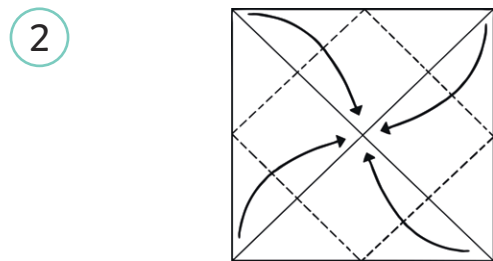
There is also a blank fortune teller included so you can write your own positive affirmations on it. These will be personal to you and can be practised every day.

The more you practise your positive affirmations, the greater the effect they will have on you and your ability to achieve your goals.

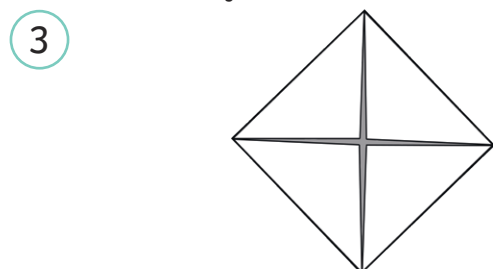
Instructions



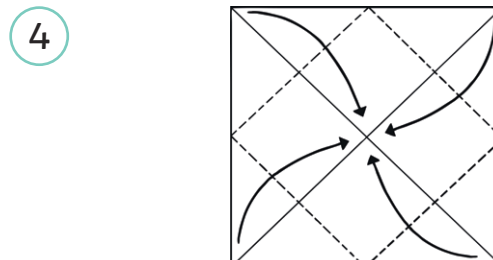
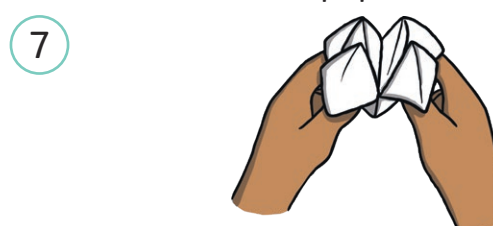
With pictures face down, fold on both diagonal lines. Unfold.



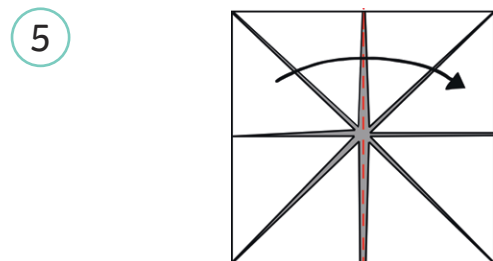
Fold all four corners to the centre.



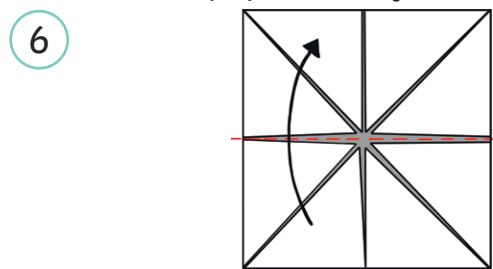
Turn paper over.



Once again, fold all corners to the centre.



Fold paper in half and unfold.



Fold in half from top to bottom. Do not unfold.

Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play.

1 I am loyal and kind.

2 I will achieve my goals.

3 I have lots of friends who love me.

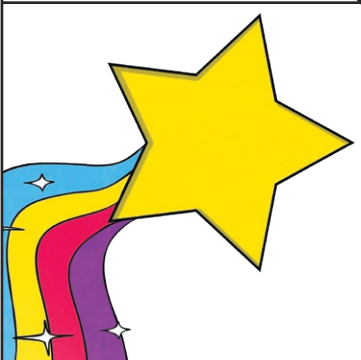
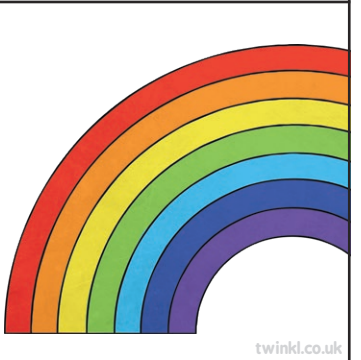

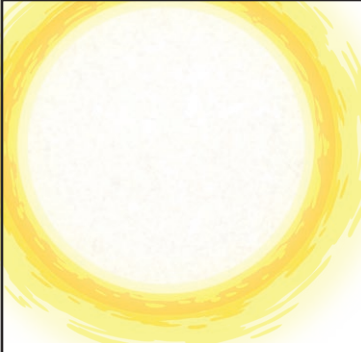
4 I am a special person.

5 Every problem has a solution.

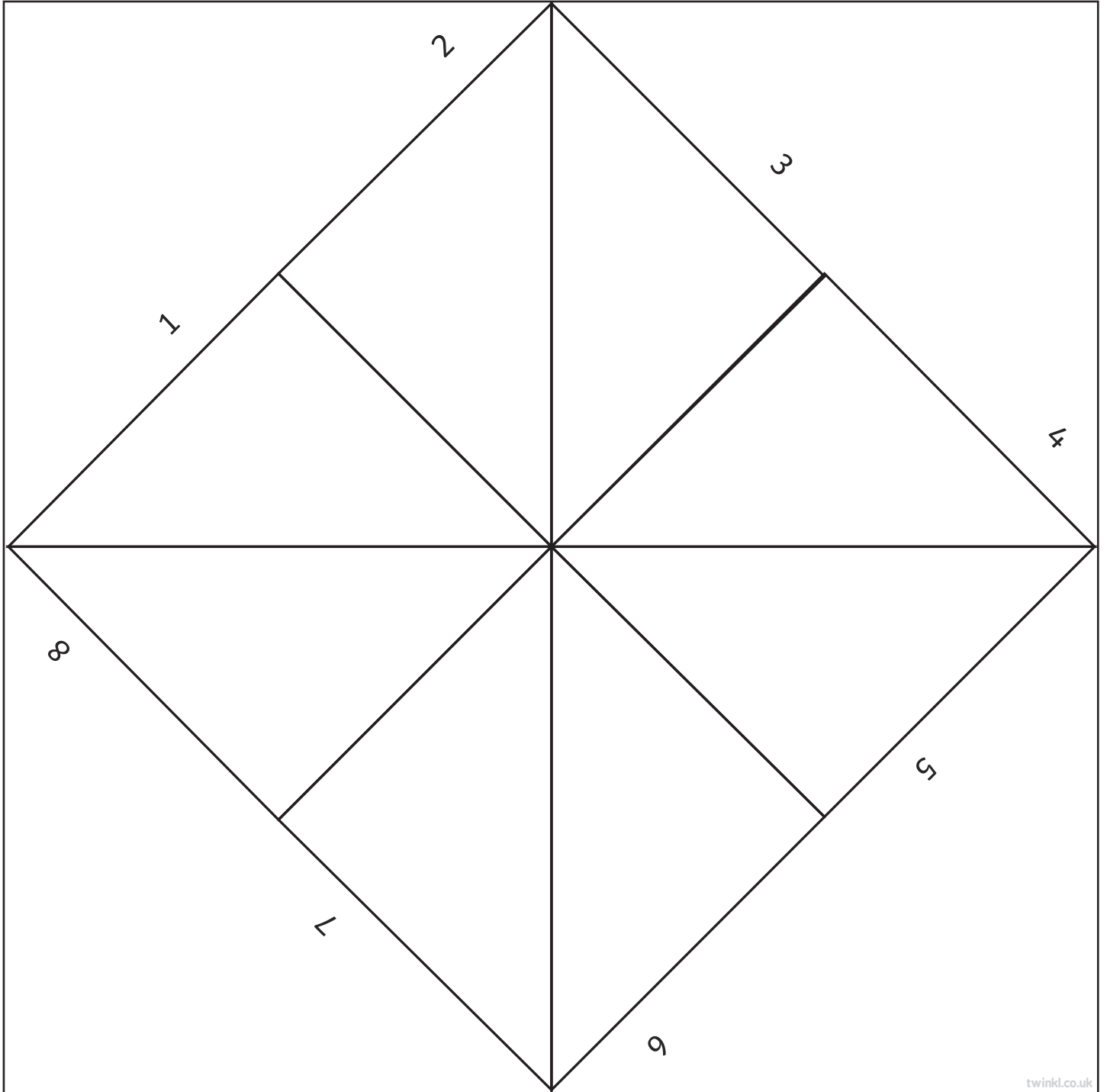
6 Whatever I do, I try my best.

7 I am resilient.

8 I am courageous.



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