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|---------------|---------------|-----------------|
| Adaptable | Empathetic | Patriotic |
| Admirable | Energetic | Peaceful |
| Adventurous | Enthusiastic | Perceptive |
| Affable | Extraordinary | Persistent |
| Affectionate | Exuberant | Personable |
| Agreeable | Fair | Persuasive |
| Ambitious | Faithful | Philosophical |
| Amicable | Fearless | Polite |
| Amusing | Focused | Powerful |
| Articulate | Forceful | Practical |
| Aspiring | Forgiving | Precise |
| Athletic | Friendly | Principled |
| Attractive | Fun-loving | Profound |
| Balanced | Funny | Protective |
| Benevolent | Generous | Quiet |
| Brave | Gentle | Rational |
| Bright | Genuine | Reflective |
| Brilliant | Good | Relaxed |
| Calm | Gracious | Reliable |
| Capable | Hardworking | Reserved |
| Captivating | Helpful | Resourceful |
| Careful | Honest | Respectful |
| Caring | Honorable | Responsible |
| Challenging | Humble | Romantic |
| Charismatic | Humorous | Scholarly |
| Charming | Imaginative | Secure |
| Cheerful | Impressive | Selfless |
| Communicative | Independent | Sensible |
| Compassionate | Insightful | Sentimental |
| Confident | Intellectual | Shy |
| Conscientious | Intelligent | Sincere |
| Considerate | Intuitive | Sociable |
| Courageous | Inventive | Spontaneous |
| Courteous | Kind | Straightforward |
| Creative | Knowledgeable | Strong |
| Curious | Logical | Sweet |
| Daring | Loving | Sympathetic |
| Dedicated | Loyal | Thoughtful |
| Determined | Mature | Tidy |
| Dignified | Neat | Tough |
| Diligent | Nice | Trusting |
| Diplomatic | Open | Unassuming |
| Directed | Optimistic | Understanding |
| Disciplined | Organized | Warmhearted |
| Discreet | Original | Willing |
| Dynamic | Passionate | Wise |



How to Write a Positive Affirmation

1. Start with "You are..."
2. Use present tense
3. Be positive
4. Use powerful, authentic words
5. Be specific

Make affirmations for yourself and others!

