

Gratitude Affirmations

FOR YOUR TWEENS AND TEENS

One of the things I appreciate about you is _____.

Your hard work is paying off.

I'm grateful you're in our family.

You have a great sense of humor.

I love having you around because _____.

You were a huge help. Thank you.

I value your opinion.

Thanks for doing _____ without being asked.

Your friends are lucky to have you.

You showed a lot of wisdom when _____.

You really challenged yourself.

I am proud of you.



You showed courage when _____.

You have a great attitude.

I had such a nice time with you when _____.

I enjoy hearing your stories about _____.

You have helpful ideas.

I noticed you worked really hard on _____.

You did a really good job with _____.

I love your smile.

I learn new things from you every day.

You've helped me to be a better mom
and person because _____.

I enjoy your company.

You should win the _____ award.



You're really good at _____.

I love having you around because _____.

I'm so lucky to have you in my life.

You've taught me how to _____.

You were so thoughtful when _____.

This family wouldn't be the same without your _____.

I appreciated when you _____.

You did an excellent job with _____.

It took courage to _____.

You showed character when _____.

Great job putting yourself out there to try something new.

Way to go with _____.



Way to get _____ done in a timely manner.

I am so happy you're my son/daughter.

That was a responsible decision you made.

I've noticed you have been working on not fighting with your brother/sister.

I believe you can do it.

You're the only YOU in the entire world, and my life wouldn't be the same without you in it.









