







POSITIVE ADJECTIVES TO AFFIRM YOUR KIDS

You Are...

Thoughtful
Entertaining
Adventurous
Generous
Determined
Funny
Creative
Industrious
Supportive
Compassionate
Happy
Patient
Outgoing
Persistent
Hard Working
Enthusiastic
Kind
Forgiving
Accepting
Considerate
Focused
Brave
Faithful
Tolerant
Peaceful

Motivated
Caring
Sensitive
Artistic
Courageous
Trustworthy
Honest
Loving
Independent
Respectful
Articulate
Organized
Insightful
Easygoing
Reliable
Intelligent
Supportive
Thoughtful
Cheerful
Understanding
Resourceful
Neat
Decisive
Healthy
Responsive

Studious
Leader
Polite
Sincere
Friendly
Sociable
Unselfish
Strong
Sporty
Spiritual
Musical
Tidy
Optimistic
Confident
Energetic
Diplomatic
Calm
Cautious
Hospitable
Engaging
Tolerant
Circumspect
Spontaneous
Theatrical
Understanding

Valentine Affirmations

FOR YOUR TWEENS AND TEENS

Great job.

One of the things I appreciate about you is _____.

I'm grateful you're in our family.

Way to go.

You have a great sense of humor.

I love having you around because _____.

I love watching the expression on your face.

You showed courage when _____.

You have a great attitude.

I had such a nice time with you when we _____.

I enjoy hearing your stories about _____.

You have helpful ideas.

I noticed you worked really hard on _____.

Your hard work is paying off.

One of my favorite memories is when you and I _____.

I enjoy your company.

I'm grateful for how you _____.

I appreciated how thoughtful you were when _____.



You showed courage when _____.

I had such a nice time with you.

I enjoy hearing your stories about _____.

You have helpful ideas.

You did a really good job with _____.

I'm grateful for you.

Thank you. That meant a lot.

I learn new things from you everyday.

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

You've taught me how to _____.

You were so thoughtful when _____.

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

You put a lot of effort into _____.

You did a really good job with _____.

You were a huge help. Thank you.

I value your opinion.

You are really getting the hang of it!



Way to challenge yourself.

I love having you around.

You're friends are lucky to have you.

You showed a lot of wisdom.

You made a good decision when _____.

You should win the _____ award.

You're really good at _____.

I love your smile.

Thank you for helping me with _____.

You showed character when _____.

I love having you around because _____.

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

Great job putting yourself out there to try something new.





