

# 50 Encouraging Affirmations to Say to Your Daughter

*(That Have Nothing to Do With Her Appearance)*

## Confidence Boosters

- \* You are capable of figuring things out.
- \* I believe in your ability to handle hard things.
- \* Your ideas are important.
- \* You can speak up-your voice matters.
- \* You are enough just as you are.
- \* You are brave, even when you feel nervous.
- \* I love how your mind works.
- \* You can learn anything you put your heart into.
- \* It's okay to mess up-that's how we grow.
- \* I'm proud of you for trying again.

## Emotional Strength Builders

- \* Your feelings are always welcome here.
- \* It's okay to feel big emotions.
- \* You can feel upset and still be a good person.
- \* You have a strong, caring heart.
- \* You are allowed to set boundaries.
- \* You don't have to be perfect to be loved.
- \* I see how much you're learning and growing.
- \* It's okay to change your mind.
- \* You deserve rest and quiet too.
- \* I notice how hard you're working.

## Kindness & Character Praise

- \* I love how thoughtful you are.
- \* Your kindness makes a difference.
- \* The way you help others is inspiring.

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- \* I love the way you notice people's feelings.
- \* You make this family better just by being you.
- \* Your honesty is refreshing.
- \* I admire your sense of fairness.
- \* You use your words in wise ways.
- \* You're a leader when you show love.
- \* Your heart is one of your greatest gifts.

## **Creativity & Courage Fuelers**

- \* I love your curiosity.
- \* You are allowed to wonder and explore.
- \* Your imagination is magical.
- \* Trying new things is brave.
- \* You can take your time when learning.
- \* It's okay to not know everything yet.
- \* I see your courage when you try something hard.
- \* You are an adventurer at heart.
- \* You have a spark that is all your own.
- \* You make the world more interesting.

## **Reminders of Unshakable Love**

- \* There's nothing you could do to make me stop loving you.
- \* I'm so glad I get to be your parent.
- \* You are one of my favorite people.
- \* I love seeing you become more you every day.
- \* You are loved just as you are.
- \* You can always come to me-about anything.
- \* You belong here, always.

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- \* My love for you is bigger than any mistake.
- \* I will always be in your corner.
- \* Being your mom is one of my greatest joys.