

*Daily
Affirmation
Cards*

*I am enough
exactly as I am*

*I don't have to
compete to
be valuable.*

*My worth is not
decided by likes,
follows, or popularity.*

*I bring something
unique to every
room I enter.*

*I deserve respect—
from others and
from myself.*

*I am proud
of who I
am becoming.*

*I do not shrink
myself to make
others comfortable.*

*I can be
confident without
being unkind.*

*I am allowed
to take up space.*

*I trust my
voice and
my opinions.*

*I don't need
approval to
feel secure.*

*My differences
are strengths.*

*I am more
than my
appearance.*

*I grow through
challenges, not
comparison.*

*I am not behind
in life – I am
on my own path.*

*I release the
need to
be perfect.*

*I am strong
even on
hard days.*

*I choose
self-respect
over fitting in.*

*I define beauty
for myself.*

*I honor my
goals and
my dreams.*

*I am worthy
of healthy
friendships.*

*I am becoming
the girl my younger
me needed.*

*My confidence comes
from character,
not competition.*

*I celebrate my
progress, not
just my results.*

*I choose
kindness
first.*

*I listen to
understand, not
to respond.*

*I make room
for others at
the table.*

*I include,
even when it's
inconvenient.*

*I treat girls
how I hope to
be treated.*

*I don't assume
– I ask.*

*I can disagree
and still
be respectful.*

*I choose
conversation over
confrontation.*

*I give people
the benefit of
the doubt.*

*I don't spread
what I wouldn't say
to someone's face.*

*I use my words
to build,
not break.*

*I don't have to be
best friends with
everyone to be kind.*

*I notice
who is left out.*

*I choose
understanding
over judgment.*

*I respect
boundaries –
mine and others.*

*I speak calmly
when emotions
are high.*

*I apologize
when I'm wrong.*

*I don't forward
screenshots or
private messages.*

*I protect others'
dignity, even when
they aren't around.*

*I stand next
to girls, not
above them.*

*I value real
conversations more
than drama.*

*I respond,
I don't react.*

*I choose
friendship
over popularity.*

*I welcome new
girls instead of
sizing them up.*

*I make people
feel safe
around me.*

*Another girl's
success does not take
away from mine.*

*I clap for her
even when I'm still
waiting.*

*I compliment
freely and
sincerely.*

*I don't compare
my beginning to
someone else's middle.*

*I can admire
without envying.*

*I am secure
enough to
uplift others.*

*I speak positively
about girls who
aren't present.*

*I celebrate
effort, not
just talent.*

*I don't compete
where connection
is possible.*

*I support,
not sabotage.*

*I choose
encouragement
over criticism.*

*I don't copy
– I appreciate.*

*I can be inspired
without feeling
threatened.*

*I don't measure
my value against
another girl.*

*I cheer loudly
for my friends.*

*I make
compliments
specific and genuine.*

*I want others
to win too.*

*I notice the good
in people and say
it out loud.*

*I am proud of
the girls
around me.*

*I replace
jealousy with
motivation.*

*I celebrate
differences instead
of ranking them.*

*I help other
girls shine.*

*I am confident
enough to say,
"She did amazing."*

*I speak life
into other girls.*

*I am part of
a team,
not a competition.*

*I stand up,
not stand by.*

*I don't laugh
at mean jokes.*

*I walk with
the girl who
walks alone.*

*I can be kind
even when others
are not.*

*I choose
courage
over comfort.*

*I set the
tone for
kindness.*

*I don't
participate
in gossip.*

*I shut down
rumors instead of
spreading them.*

*I protect girls who
aren't present to
defend themselves.*

*I lead
with character.*

*I use my
influence
responsibly.*

*I am brave
enough to
include.*

*I don't join
in just to fit in.*

*I make my
group welcoming.*

*I invite
instead of exclude.*

*I stand for what
is right even if
I stand alone.*

*I choose
integrity over
approval.*

*I help create
a safe
environment.*

*I am a leader
in my words
and actions.*

*I model the
behavior I
want to see.*

*I lift girls
when they are
struggling.*

*I make school
a kinder place.*

*I use social media
to encourage,
not hurt.*

*I leave people
better than
I found them.*

*We are stronger
together
than divided.*

*Kindness is my
reputation.*

*I don't
do drama.*

*I am secure
and supportive.*

*Girls are
teammates,
not enemies.*

I belong.

I include.

I uplift.

*I choose
peace.*

*I lead with
kindness.*

*I create
safe spaces.*

*I celebrate
others.*

*I protect
friendships.*

*I don't compare
– I grow.*

*I speak
with purpose.*

*I rise by
lifting others.*

Lots of Love!
Mabry & Zoe
Project Girl Code