Positive Affirmations for take away cards or labels for Antibullying Week 2021

Positive Affirmation Quotes

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.”
— Roy T. Bennett, The Light in the Heart

“Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.”
— Roy T. Bennett, The Light in the Heart

“Instead of worrying about what you cannot control, shift your energy to what you can create.”
— Roy T. Bennett, The Light in the Heart

“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.”
— Roy T. Bennett, The Light in the Heart

“Be mindful. Be grateful. Be positive. Be true. Be kind.”
— Roy T. Bennett, The Light in the Heart

“Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.”
— Roy T. Bennett, The Light in the Heart

“Live the Life of Your Dreams: Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others.”
— Roy T. Bennett, The Light in the Heart

“Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.”
— Roy T. Bennett, The Light in the Heart

“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform.”
— Roy T. Bennett

“Don’t waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy.”
— Roy T. Bennett

“More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate.”
— Roy T. Bennett, The Light in the Heart

“Don't let the expectations and opinions of other people affect your decisions. It's your life, not theirs. Do what matters most to you; do what makes you feel alive and happy. Don't let the expectations and ideas of others limit who you are. If you let others tell you who you are, you are living their reality — not yours. There is more to life than pleasing people. There is much more to life than following others' prescribed path. There is so much more to life than what you experience right now. You need to decide who you are for yourself. Become a whole being. Adventure.”
— Roy T. Bennett

“Don't Just

Don't just learn, experience.
Don't just read, absorb.
Don't just change, transform.
Don't just relate, advocate.
Don't just promise, prove.
Don't just criticize, encourage.
Don't just think, ponder.
Don't just take, give.
Don't just see, feel.
Don’t just dream, do.
Don't just hear, listen.
Don't just talk, act.
Don't just tell, show.
Don't just exist, live.”
— Roy T. Bennett, The Light in the Heart

“Even if you cannot change all the people around you, you can change the people you choose to be around. Life is too short to waste your time on people who don’t respect, appreciate, and value you. Spend your life with people who make you smile, laugh, and feel loved.”
— Roy T. Bennett, The Light in the Heart

“You cannot control the behavior of others, but you can always choose how you respond to it.”
— Roy T. Bennett, The Light in the Heart

“Life becomes easier and more beautiful when we can see the good in other people.”
— Roy T. Bennett

“Success is not how high you have climbed, but how you make a positive difference to the world.”
— **Roy T. Bennett, The Light in the Heart**

“Make improvements, not excuses. Seek respect, not attention.”
— **Roy T. Bennett, The Light in the Heart**

“Keep Going

Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people in the end.”
— **Roy T. Bennett, The Light in the Heart**

“Pursue what catches your heart, not what catches your eyes.”
— **Roy T. Bennett, The Light in the Heart**

“Be grateful for what you already have while you pursue your goals.
If you aren’t grateful for what you already have, what makes you think you would be happy with more.”
— **Roy T. Bennett, The Light in the Heart**

“Believe in Your Heart
Believe in your heart that you're meant to live a life full of passion, purpose, magic and miracles.”
— **Roy T. Bennett, The Light in the Heart**

“Start each day with a positive thought and a grateful heart.”
— **Roy T. Bennett, The Light in the Heart**

“Acts of Kindness:
A random act of kindness, no matter how small, can make a tremendous impact on someone else's life.”
— **Roy T. Bennett, The Light in the Heart**

“Follow your heart, listen to your inner voice, stop caring about what others think.”
— **Roy T. Bennett, The Light in the Heart**

“Life is about accepting the challenges along the way, choosing to keep moving forward, and savoring the journey.”
— **Roy T. Bennett, The Light in the Heart**

“Be brave to stand for what you believe in even if you stand alone.”
— **Roy T. Bennett, The Light in the Heart**

“Do not fear failure but rather fear not trying.”
— Roy T. Bennett, The Light in the Heart

“Never lose hope. Storms make people stronger and never last forever.”
— Roy T. Bennett, The Light in the Heart

“Always find opportunities to make someone smile, and to offer random acts of kindness in everyday life.”
— Roy T. Bennett, The Light in the Heart