



100 WORDS OF AFFIRMATION



1. I appreciate you for helping me (develop in this way)
2. You are the most positive person I have ever met
3. Thank you for being such an amazing listener
4. You help ease my stress
5. I care about how you feel
6. You are such a hard-worker
7. I missed you
8. You are the best
9. I love your (clothing item, style, haircut, makeup, etc)
10. You are so attentive to details / others / etc
11. I couldn't have done this without you
12. I love the way you make me feel
13. No one makes me laugh as much as you do
14. You are such an amazing friend / parent / child / etc
15. I trust you
16. I can always count on you - And I am grateful for that
17. What would I have been without you
18. This (character trait about them) is like a breath of fresh air
19. You make me want to be a better person
20. I admire how (positive, intelligent, other characteristic) you are
21. You are such a supportive person
22. You are such an inclusive person
23. I am so proud of you
24. I notice how (subtle character trait) you are - even if you don't show it often
25. I am blessed to have met you
26. You and I are able to get along so well!
27. You are such a beautiful person
28. Thank you for always being there for me
29. How can you be so patient with me?
30. You have grown so much
31. Thank you for always having my back.
32. You bring out the best parts of me
33. You make me see the world in such a different way
34. I want and will care for you always
35. I want to be a better person because of you
36. I learn something new from you everyday
37. I need you
38. I love how safe you make me feel
39. I would never have thought of something like that
40. I want to spend my entire life with you
41. You know how much you mean to me, right?
42. I feel so happy when I am with you
43. I love your smile
44. You always have a way of making me laugh when I need it
45. Thank you for always being steadfast and honest with me
46. I can always be myself when I am with you
47. I love how intelligent you are
48. I am so lucky to know you
49. Thank you for opening up to me
50. There is never a boring day when I am with you
51. You understand me in a way no one else does
52. You make me do things I would never have to courage to do
53. You are such a strong person
54. I have never met a person as good as you
55. You make me feel more calm and at peace
56. You don't ever have to feel embarrassed around me
57. Thank you for your dedication
58. Thank you for driving me to be the best version of myself
59. You make my heart feel full
60. I want to do things for you everyday
61. You make my job easier
62. You are such a complex person
63. Thank you for being so thoughtful
64. I want you to have only the best
65. I have never met a person like you before
66. I need to do better for you
67. You are precious to me
68. You are such a loving person
69. I want to know everything about you
70. You have made such a difference in my life
71. I believe in you - that you can do whatever you set your mind on
72. You are such a creative person
73. Why am I so addicted to you?
74. I love it when you laugh
75. Thank you for going out of your way to do this for me
76. You make my life so meaningful
77. You take notice of so many things that others don't care about
78. I love how care you are
79. I think about you alot
80. I want you to be able to express yourself freely
81. You handled that so well!
82. Can I come / be with you?
83. You always have the best ideas
84. What do you think about this?
85. You understand me so well
86. You are such a kind-hearted person
87. That was such a kind thing to do
88. I love spending time with you
89. Your secrets are safe with me
90. You are so unselfish
91. Thank you for guiding me through this part of my life
92. You look amazing
93. I will always be loyal to you
94. I never want to hurt your feelings
95. Your happiness is my happiness
96. I love how true you are to yourself
97. You are perfect to me, flaws and all
98. You realize things about me that I never knew about myself
99. I wish you could see yourself through my eyes
100. I love you