

1

CROWN AFFIRMATION

**My crown is mine.
It is worthy.
It is beautiful.**

Little Crowns, Big Confidence

littlecrownsbigconfidence.com

My name: _____

cut here

cut here

2

CROWN AFFIRMATION

**I care for my hair
because I care
for myself.**

Little Crowns, Big Confidence

littlecrownsbigconfidence.com

My name: _____

**My curls, coils, and kinks
are powerful
and unique.**

Little Crowns, Big Confidence

littlecrownsbigconfidence.com

My name: _____

cut here

cut here

**I wear my crown
with confidence
every single day.**

Little Crowns, Big Confidence

littlecrownsbigconfidence.com

My name: _____

**My hair tells the story
of who I am
and where I come from.**

Little Crowns, Big Confidence

littlecrownsbigconfidence.com

My name: _____

cut here

cut here

**I am learning to love
my crown more
every day.**

Little Crowns, Big Confidence

littlecrownsbigconfidence.com

My name: _____

**Healthy hair starts
with how I care for
myself inside and out.**

Little Crowns, Big Confidence

littlecrownsbigconfidence.com

My name: _____

cut here

cut here

**My crown is not just
my hair — it is my
identity and my pride.**

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My name: _____

**Every wash day
is a chance to
celebrate my crown.**

Little Crowns, Big Confidence

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My name: _____

cut here

cut here

**I stand tall, speak up,
and wear my crown
with joy.**

Little Crowns, Big Confidence

littlecrownsbigconfidence.com

My name: _____



Your Crown Affirmation Cards

10 affirmations to read, speak, and believe every day.

1. Print this page on card stock for best results.
2. Cut each card along the dashed lines.
3. Write your name on each card.
4. Place them on your mirror, beside your bed, or in your school bag.
5. Say each affirmation out loud every morning before school.
6. Add your favourite to the Crown Club Wash Day Chart.

"Understanding Your Hair, Loving Your Crown"

-- Dr. Bridget Kaspas, PharmD