

41 Affirmations for Preparing a School Presentation

A moment to pause, reflect, and choose a useful next step.

1. I can be a learner without putting on a performance of certainty.
2. I can tell the audience what my presentation will cover.
3. I can practise the first sentence until it feels familiar.
4. I can use cue words instead of writing every spoken word.
5. I can check the presentation length before the day.
6. My question can matter even if my voice is quiet.
7. I can contribute without being the most confident person in the room.
8. Being interrupted does not make my thought unimportant.
9. I can practise the opening aloud.
10. I can prepare short cue notes.
11. I can check the required length.
12. I can pause before the next point.
13. I can ask how presentation equipment works.
14. I can ask how the equipment will be arranged.
15. I can choose readable text on a slide.
16. I can pause between points without apologising.
17. I can return to my next cue after losing a word.
18. I can make one point instead of trying to say everything at once.
19. I can listen carefully while keeping a perspective of my own.
20. I can ask what my part in a shared task is meant to be.
21. I can ask for a practical example when an explanation is too abstract.
22. I can ask an honest question without claiming that I have understood.
23. I can say that I do not know an answer.
24. I can acknowledge a question before responding.

25. I can look at a supportive part of the room.
26. I can speak clearly without imitating someone else's performance style.
27. A respectful group leaves room for different ways of participating.
28. I can name a practical concern before resentment grows around it.
29. A mistake can identify a skill to practise rather than a person to blame.
30. I can stay curious without turning every interest into an assessment.
31. My learning deserves patience even when a deadline requires a decision.
32. Rest and interests outside learning still belong in my life.
33. I can recognise learning that is not immediately visible to others.
34. I can return to a question after giving it some space.
35. I can make one example easy for listeners to follow.
36. I can prepare a simple closing sentence.
37. I can recognise preparation even if nerves remain.
38. I can finish without replaying every small hesitation as a failure.
39. I can appreciate another person's contribution without disappearing from the conversation.
40. An awkward sentence does not end my right to speak again.
41. Collaboration can include boundaries around my time and effort.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/preparing-school-presentation-affirmations/>