

Positive Affirmations



- ◆ I am doing my best.
- ◆ There are no mistakes, only lessons to be learned. I did the best that I could.
- ◆ I choose to be happy and to love myself today.
- ◆ My possibilities are endless.
- ◆ I am worthy.
- ◆ I am brave, bold and beautiful.
- ◆ Today is going to be a great day.
- ◆ I am talented and intelligent.
- ◆ I am free of worry and regret.
- ◆ My thoughts become my reality.
- ◆ I am proud of myself.
- ◆ I am becoming more confident every day.
- ◆ I believe in myself.
- ◆ I will not worry about things I cannot control.
- ◆ I will be kind to myself and others today.
- ◆ I love myself.
- ◆ I am grateful for all that I have.
- ◆ I am a strong, independent person.
- ◆ I am prepared for change. I am strong.
- ◆ I am strong and can persevere.
- ◆ I am capable of solving any problems that face me.
- ◆ This too shall pass and I can stand this.
- ◆ I am attracting positive energy into my body.
- ◆ I will only allow healthy things in my life right now.
- ◆ I can overcome my fear of anything and everything and live life courageously.
- ◆ I can take things one step at a time.
- ◆ I am in control of my thoughts and my life.
- ◆ My challenges bring me better opportunities.
- ◆ I have made it before, and I will make it through again.

*One small
Positive thought
in the morning
can change your
whole day*

