

Affirmations

Repeat every morning,
all day, and before you
go to sleep!

#1

I choose
to be
happy
right
now!

#2

I am
grateful
for the
good
things in
my life

#3

I believe
in my
abilities
and
express
my true
self with
ease

#4

I am
capable
of
achieving
my goals

#5

I am in
charge of
how I
feel
today

#6

I am
worthy
of love
and
respect

#7

I am
surround-
ed by
positive,
supportive
people

Affirmations

Repeat every morning,
all day, and before you
go to sleep!

#8

I attract
abund-
ance and
success
into my
life

#9

I am
resilient,
strong,
and
brave

#10

I trust
the
process
of life

#11

I embrace
change and
welcome
new
opportunit
ies

#12

I
am filled
with
energy
and
enthusi-
asm

#13

I am
proud of
who I am
becoming

#14

I am
constantly
growing
and
evolving