



POSITIVE AFFIRMATIONS

Positive self-talk can set the tone for the day and uplift your mood. Here are few to practice.

I am blessed.

I am valuable.

I am unstoppable.

I feel love within me.

I love everything about me.

I am the embodiment of joy.

I am proud of the person I am today.

I am proud of the person I am becoming.

I choose to release all that is holding me back.

I am worthy of everything that is good in this life.

I am taking charge of my life and making it awesome.