

Today's Positive Affirmation

DAILY WORKSHEET

What is a positive affirmation?

It is a powerful yet simple one liner, spoken in the present tense and in the first person. You will commonly see the words I, I am, I can, my or me in these statements.

How do positive affirmations work?

It helps you challenge any negative thoughts and inner saboteurs/critics, creating a pool of energy that is uplifting and motivating. Stimulating a desired state of being and/or action.

Creative Ways to Use Your Positive Affirmations

- Repeat it aloud three times, (Bonus: do it in front of the mirror gorgeous)
- Write it on a sticky note and place it somewhere visible as a reminder throughout your day.
 - In your Wallet
 - On the fridge or mirror
 - Your car visor
 - Your laptop or cup
- Create a screen saver on your computer
- On your phone add it as your home and lock screen
- Write it down multiple times on a sheet of paper
- Share it with a friend, they may need to hear it too

Next is a page of positive affirmations . . .

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Some Simple Positive Affirmations

I am rooted where I stand

I am not pulled but drawn

Who I am is enough

I am worthy of my own love

I am strong

I am capable

I am beautiful just the way that I am

I am a confident woman/man

I am happy, healthy and wealthy

I am solidly and wholly at peace

I can bring anything to fruition

I can do anything I put my mind to

I can find my voice today

I can receive

I love me

I believe in myself

I run free

My heart is whole and full

My time is plentiful

My heart knows best

Other Positive Affirmation Samples

My life is full of riches

Today is a new day to play

Trust, my intuition has my back

Today I will live big and shine

The universe only delivers what it knows I can handle

With every new sunrise I rise too

I age like a fine wine

From the ashes I rise

All that is happening is for me not to me

My imperfections are the unique lines that make me

Today I stand tall and above all that does not serve me

What does not draw me I release

All that I desire is aligning for me

My dreams swim deep within me

From a place of abundance anything is possible

