

MINDFUL AFFIRMATIONS

POSITIVE THOUGHTS TO START YOUR DAY



I APPRECIATE TODAY AND
HOW I FEEL



I WILL SHOW MYSELF
COMPASSION



I AM PRESENT IN THIS
MOMENT



I WILL FOCUS ON WHAT
BRINGS ME JOY



I AM CALM AND
PEACEFUL



I WELCOME TODAY'S
OPPORTUNITIES



I ACCEPT MY THOUGHTS
AND FEELINGS



I AM CONNECTED TO
WHAT SURROUNDS ME



I AM GRATEFUL FOR
WHO I AM