

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