

an affirmation a day January 2022

AFFIRMATIONS ARE POSITIVE STATEMENTS THAT CAN HELP YOU TO CHALLENGE AND OVERCOME SELF-SABOTAGING AND NEGATIVE THOUGHTS.
WHEN YOU REPEAT THEM OFTEN, AND BELIEVE IN THEM, YOU CAN START TO MAKE POSITIVE CHANGES.

1. THIS IS GOING TO BE A GREAT YEAR

2. I KNOW THAT HAPPY THOUGHTS LEAD TO HAPPY THINGS

3. TODAY I AM OOZING WITH POSITIVITY AND CONFIDENCE

4. I BREATHE PEACE, I FEEL PEACE AND I LIVE IN PEACE

5. I AM ONLY ACCEPTING POSITIVE AND HAPPY VIBES

6. I EMBRACE MY UNIQUE INDIVIDUALITY

7. EVERYTHING I NEED IS FROM WITHIN ME

8. I LOVE AND ACCEPT MYSELF EXACTLY AS I AM

9. I AM CAPABLE, CONFIDENT AND STRONG

10. AS I LOVE MYSELF, I ALLOW OTHERS TO LOVE ME TOO

11. I ALWAYS STAY HUMBLE AND KIND

12. I WILL BE THE REASON SOMEONE SMILES TODAY

13. I AM STRONGER THAN I THINK

14. I TAKE NOTE OF HOW IMPORTANT IT IS TO KEEP MY MIND POSITIVE

15. I AM ENOUGH

16. I AM READY TO BECOME THE BEST VERSION OF MYSELF

17. I CHOOSE TO FEEL AMAZING TODAY

18. I TAKE ONE SMALL STEP EVERY DAY TOWARDS A BRIGHTER FUTURE.

19. I AM BLESSED TO LIVE THE LIFE I HAVE CREATED

20. I FORGIVE MYSELF FOR ANY MISTAKES I HAVE MADE

21. I LOVE MYSELF, I BELIEVE IN MYSELF, I SUPPORT MYSELF

22. I HAVE THE COURAGE TO HAVE POSITIVE CHANGE IN MY LIFE

23. I DESERVE TO BE HEALTHY, HAPPY AND SUCCESSFUL

24. I BELIEVE IN MYSELF AND MY GOALS

25. MY COURAGE IS STRONGER THAN MY FEAR

26. I AM BRAVE AND BOLD

27. I SPREAD SUNSHINE, NOT SHADE

28. I AM PROUD OF MYSELF

29. I AM GRATEFUL FOR WHAT I HAVE

30. I BELIEVE IN ME

31. I AM RESILIENT



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