

# an affirmation a day

SEPTEMBER 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. I AM AT PEACE WITH WHERE I AM

2. I AM CONSTANTLY GROWING, EVOLVING  
AND BECOMING MY BEST SELF

3. I LET GO OF MY PAST BELIEFS THAT NO LONGER  
SERVE ME

4. I AM LEARNING TO LOVE MYSELF MORE  
EVERY DAY

5. I AM WHOLE

6. I DESERVE LOVE

7. MY LOVE IS INFINITE

8. R U OK?

9. I CAN FEEL LOVE WHENEVER I CHOOSE TO

10. DEFINE BEAUTY YOURSELF, SOCIETY DOESN'T  
DEFINE YOUR BEAUTY

11. MY IMPERFECTIONS ARE WHAT MAKE ME UNIQUE

12. THE HAPPINESS I FEEL IS FELT BY  
EVERYONE AROUND ME

13. I AM HAPPY, I WILL STAY HAPPY

14. I AM CONSTANTLY CREATING  
EVERYTHING MY HEART DESIRES

15. I ALLOW MYSELF TO FEEL GOOD

16. MY INNER JOY EXPANDS WHEN  
I SHARE IT WITH OTHERS

17. I ATTRACT GOOD THINGS

18. I TRUST THAT TODAY IS GOING TO BE  
AN AMAZING DAY

19. MISTAKES MAKE ME LEARN AND GROW

20. I LIVE A LIFE OF JOY AND POSITIVITY AND  
NO ONE IS GOING TO STOP ME

21. I DESERVE TO BE HAPPY AND HEALTHY,  
I DESERVE ALL THAT IS GOOD

22. I ENJOY SEEING MY LOVED ONES SMILE AND  
AM GRATEFUL WHEN IT'S BECAUSE OF ME

23. I AM THE PERSON WHO WAKES WITH PURPOSE,  
SHOWS UP, AND NEVER GIVES UP

24. I AM STRONG, RESILIENT, PEACFUL AND HAPPY

25. NOBODY BUT ME DECIDES HOW I FEEL

26. I AM READY TO TAKE ON ALL CHALLENGES

27. ALL OF MY PROBLEMS CAN BE FIXED

28. I DO NOT FEAR FAILURE

29. I CHOOSE MYSELF

30. SPIDERMAN CAN – SO CAN I



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