

NIGHTLY AFFIRMATIONS

A place of solitude inside my mind

A time for self reflection

I leave behind my negative thoughts

And say my affirmations

Today I affirm ...

To prioritise my well being

And look after my mind, body, and soul

Today I affirm ...

To trust that my inner guidance

Will help me make the right decisions

Today I affirm ...

To embrace both challenges and victories

And to celebrate every win

Today I affirm ...

To give myself permission to fail

And make mistakes without judgment

Today I affirm ...

To be kind and helpful to others

Without neglecting my own needs

Today I affirm ...

To love myself for all that I am

I am enough

I am all I need