

STOIC LE M RNING AFFIRMATIONS

TODAY, I APPRECIATE THE OPPORTUNITY TO SERVE AND PROTECT.

TODAY, I WILL BE FULLY ENGAGED AND ATTENTIVE IN MY INTERACTIONS WITH OTHERS.

TODAY, I WILL DIRECT MY ENERGY TO WHAT TRULY MATTERS IN MY DUTIES.

TODAY, I WILL PRACTICE PATIENCE AND UNDERSTANDING WITH CHALLENGING INDIVIDUALS, RECOGNIZING THEIR OWN STRUGGLES.

TODAY, I WILL STRIVE TO SURPASS MY PERFORMANCE FROM YESTERDAY.

TODAY, I WILL NOT DWELL ON CIRCUMSTANCES BEYOND MY CONTROL.

TODAY, I WILL APPROACH OBSTACLES AS OPPORTUNITIES FOR GROWTH AND RESILIENCE.

TODAY, I WILL ADDRESS CONCERNS METHODICALLY AND TAKE ACTION WHERE NECESSARY.

TODAY, I WILL BE FULLY ENGAGED AND ATTENTIVE IN MY INTERACTIONS WITH OTHERS.

TODAY, I WILL REMEMBER THAT HAPPINESS STEMS FROM MY PERSPECTIVE AND MINDSET.

TODAY, MY DEEDS AND CHARACTER WILL BE AN EXCELLENT EXAMPLE TO OTHERS.

