

# an affirmation a day APRIL/MAY 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.

15. TODAY IS GOING TO BE A GREAT DAY

16. I AM UNIQUE AND THAT IS WHAT I LOVE ABOUT MYSELF

17. I WILL PICTURE MYSELF AT THE TOP OF THE MOUNTAIN AND ENJOY THE CLIMB

18. I AM PATIENT DURING MY JOURNEY TO BECOME THE BEST VERSION OF MYSELF

19. I HAVE THE STRENGTH TO CONQUER NEGATIVITY

20. TODAY I WILL TAKE STRIDES TOWARDS GROWTH

21. I FALL BUT I GET UP

22. TODAY I WILL CHOOSE PEACE

23. I WILL BE PRESENT I WILL BE POSITIVE

24. I LOVE WATCHING MYSELF GROW AND BECOME MORE POSITIVE

25. I AM RIGHT WHERE I NEED TO BE

26. I ALLOW WONDERFUL THINGS TO FLOW INTO MY LIFE

27. I AM ENOUGH

28. I PRACTISE GRATITUDE EVERY DAY SO I NEVER FORGET HOW LUCKY I AM

29. I AM WORTHY

30. I AM COURAGEOUS ENOUGH TO STICK UP FOR MYSELF

1. I AM VERY BLESSED IN THIS LIFETIME

2. EVERY DAY I AM GETTING HEALTHIER AND STRONGER

3. I AM BEAUTIFUL

4. I AM CONCENTRATING ON THE PRESENT AND AVOIDING WORRIES ABOUT THE FUTURE.

5. I PAY ATTENTION TO MY THOUGHTS AND KEEP THEM POSITIVE

6. I AM WATCHING HOW MY LIFE IS CHANGING FOR THE BETTER

7. I CHOOSE TO FOCUS ON HEALTHY AND POSITIVE THINKING

8. EVERYTHING WILL BE OK

9. I TRUST THAT I AM ON THE RIGHT PATH

10. MORE GREAT THINGS ARE COMING MY WAY

11. I AM GOING TO HAVE A GOOD DAY

12. MY CONFIDENCE GROWS EVERY DAY

13. I HAVE A STRONG AND POSITIVE MIND

14. I LOVE MY IMPERFECTIONS



**SAWTELL** News

DOWNLOAD YOUR OWN PDF VERSION TO KEEP OR SHARE AT [SAWTELL-NEWS.COM.AU/AFFIRMATIONS](http://SAWTELL-NEWS.COM.AU/AFFIRMATIONS)