



RESTORING JOY Affirmations

SMALL REMINDERS. A BRIGHTER YOU.



RESTORING
Joy

I am enough,
just as I am.

RESTORING
Joy

I choose peace
over pressure.

RESTORING
Joy

I release what
no longer serves
me.

RESTORING
Joy

I am proud
of how far
I've come.

RESTORING
Joy

I give myself
grace today.

RESTORING
Joy

I am creating
a life I love.

RESTORING
Joy

I can rest
and still be
productive.

RESTORING
Joy

I am stronger
than I think.

RESTORING
Joy

I trust the timing
of my journey.

RESTORING
Joy

I am worthy
of joy, always.

RESTORING
Joy

I choose
progress
over perfection.

RESTORING
Joy

Joy is
my power.

ANCHORING JOY WELLNESS

JOY IS THE ANCHOR IN EVERY JOURNEY.