

an affirmation a day AUGUST 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. MUSIC MAKES ME FEEL WONDERFUL

2. I AM GETTING STRONGER AND WISER EVERY DAY

3. I WILL MAKE A POSITIVE AND INSPIRING IMPACT ON THE PEOPLE I COME INTO CONTACT WITH

4. I AM TURNING DOWN THE VOLUME OF NEGATIVITY IN MY LIFE

5. I CAN BE WHATEVER I WANT TO BE

6. I AM SUCCESSFUL

7. I AM CONFIDENT

8. ALL I NEED IS WITHIN ME RIGHT NOW

9. I AM AN UNSTOPPABLE FORCE OF NATURE

10. I'M RISING ABOVE THE THOUGHTS THAT ARE TRYING TO MAKE ME ANGRY OR AFRAID

11. I AM INSPIRING PEOPLE THROUGH MY WORK

12. I ACCEPT MYSELF FOR WHO I AM AND CREATE PEACE, POWER AND CONFIDENCE WITHIN

13. I AM IN CONTROL OF MY DESTINY

14. I HAVE MADE MISTAKES, BUT I WILL NOT LET THEM DEFINE ME

15. I AM FILLED WITH FOCUS

16. I AM GRATEFUL FOR EVERYTHING I HAVE IN MY LIFE

17. THE MORE I RELAX THE BETTER I FEEL

18. THROUGH THE POWER OF MY THOUGHTS INCREDIBLE TRANSFORMATIONS ARE HAPPENING IN MY LIFE

19. I AM HEALING AND STRENGTHENING EVERY DAY

20. I AM NOT PUSHED BY MY PROBLEMS;
I AM LED BY MY DREAMS

21. NOTE TO SELF: I AM GOING TO MAKE YOU SO PROUD

22. I BELONG IN THIS WORLD; THERE ARE PEOPLE THAT CARE ABOUT ME AND MY WORTH

23. MY LIFE HAS MEANING. WHAT I DO HAS MEANING.
MY ACTIONS ARE MEANINGFUL AND INSPIRING

24. I AM GETTING HEALTHIER EVERY DAY

25. MY SOUL RADIATES FROM THE INSIDE

26. TODAY I CHOOSE TO BE HAPPY

27. I DON'T COMPARE MYSELF TO OTHERS

28. MY LIFE HAS MEANING

29. I WAKE UP MOTIVATED

30. I CAN LEARN AND GROW

31. LISTEN TO THE MUSIC



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