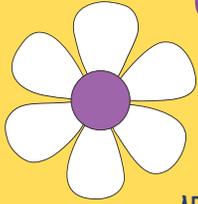


an affirmation a day JULY 2022



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. THE ONLY VALIDATION I NEED IS WITHIN MYSELF

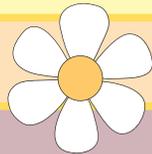
2. I LOOK BACK THANKFULLY AT MY FAVOURITE
CHILDHOOD MEMORIES

3. I APPRECIATE ALL THE TINY BLESSINGS IN MY LIFE
THAT BRING ME JOY

4. I AM MOVING THROUGH THE STORM TO CALM
WATERS

5. I INVITE CALM INTO MY LIFE

6. I AM WORTH IT



7. I INHALE PEACE

8. I FEEL THE STRESS LEAVING MY BODY

9. I HAVE PLENTY OF FIGHT LEFT IN ME

10. NO MATTER WHAT HAPPENS TODAY I WILL STAY
POSITIVE

11. I AM GOING TO BE STRONGER THAN EVER

12. I WILL ALLOW MYSELF TO REST AND START AGAIN
TOMORROW

13. I AM IN CONTROL

14. I BELIEVE IN MYSELF AND MY
ABILITY TO BE HAPPY

15. EVERYTHING IS GOING TO BE OK

16. I TAKE TIME FOR MYSELF WHEN
GOING THROUGH A ROUGH PERIOD

17. IT IS SAFE FOR ME TO RELEASE THE PAST

18. I ABANDON OLD HABITS TO MAKE ROOM FOR
POSITIVE ONES

19. EVERY DAY MY LIFE GETS BETTER AND BETTER

20. I EXPECT ONLY THE BEST BECAUSE I DESERVE
ONLY THE BEST

21. I AM SO MUCH STRONGER THAN I GIVE MYSELF
CREDIT FOR

22. SMALL STEPS EVERY DAY WILL LEAD ME TO
WHO I WANT TO BE

23. TODAY, NOTHING IS GOING TO STOP ME FROM
BEING HAPPY

24. I AM PERFECT JUST THE WAY I AM

25. TRUE HAPPINESS IS INSIDE ME

26. I TRUST LOVE WILL FIND ME

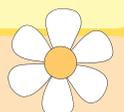
27. I AM HAPPY WITH WHO I AM

28. I KNOW THAT I HAVE NOTHING TO PROVE

29. I AM GRATEFUL FOR MY HEALTH

30. I AM ONE OF A KIND

31. I LOOK AND FEEL AMAZING



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