

A photograph of pink tulips in the top left corner, a silver pen with a black grip in the bottom right corner, and a white notepad with horizontal lines in the background. A semi-transparent beige box is overlaid on the notepad, containing text.

Gratitude & Affirmations

YOUR BODY LISTENS TO
WHAT THE MIND TELLS IT.
LET'S DIRECT THE BODY
WITH POSITIVE THINKING
AND GRATITUDE.

NEW YOU
WEIGHT AND WELLNESS

Today I am grateful

THE POWER OF YOUR THOUGHTS & YOUR WORDS

Affirmations

Words and thoughts carry energy which affect our physical being through vibrations. The power of positive thinking and speaking the truth you wish to be, is undeniable. Every day, tell your body what you want to be true with affirmations. Pick three phrases that you would like to be true. Repeat these phrases times times out loud to yourself every morning and every evening. Some examples are:

My body has the power to heal itself.

I have full control over what I eat, how I react, and how I treat myself.

I am worthy of love and worthy of achieving my goals.

I am confident in the choice I make.

I bring joy to myself and to those around me.

Write down your affirmations here:

DAILY GRATITUDE JOURNAL

Date:

Three things I am deeply grateful for:

Three things I will be grateful for when they happen

Date:

Three things I am deeply grateful for:

Three things I will be grateful for when they happen
