

A photograph of a notebook with pink tulips and a pen. The tulips are in the top left corner. The notebook is open, showing lined pages. A pen is on the right page. A semi-transparent orange box is overlaid on the notebook pages.

# Gratitude & Affirmations

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

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:

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Three things I will be grateful for when they happen

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Date:

Three things I am deeply grateful for:

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Three things I will be grateful for when they happen

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