

NEW YEAR

Affirmations



✦ I am capable of growth and transformation

✦ I am open to new possibilities

✦ I am worthy of joy, peace, and success

✦ I embrace challenges as opportunities to learn

✦ I trust the process of becoming my best self

✦ I am grounded, centered, and present

✦ I honor my needs and set healthy boundaries

✦ I am strengthening my resilience every day

✦ I am creating habits that support my goals

✦ I am grateful for my body and how it carries me

✦ I choose thoughts that support my well-being

✦ I am exactly where I am supposed to be

✦ The universe will always take care of me



Care Nurture Grow

Caitlin Newcomb Ginwala, LMFT, PMH-C

NEW YEAR

Affirmations



✦ I am boldly creating a life I love

✦ I love and respect myself

✦ I am confident in my self-worth

✦ I have everything I need within me to succeed

✦ I have the power to change my life

✦ I am worthy of love, success, and happiness

✦ I am grateful to live an abundant life

✦ I attract positivity and opportunities endlessly

✦ I radiate love, compassion, and kindness

✦ I am surrounded by supportive and loving people

✦ I believe I am capable of achieving my dreams

✦ I believe in myself and my unlimited potential

✦ I honor myself by setting healthy boundaries



Care Nurture Grow

Caitlin Newcomb Ginwala, LMFT, PMH-C