## MINDFUL AFFIRMATIONS

POSITIVE THOUGHTS TO START YOUR DAY



I APPRECIATE TODAY AND HOW I FEEL



I WILL SHOW MYSELF COMPASSION



I AM PRESENT IN THIS

MOMENT



I WILL FOCUS ON WHAT BRINGS ME JOY



I AM (ALM AND PEACEFUL



I WELCOME TODAY'S OPPORTUNITIES



I ACCEPT MY THOUGHTS
AND FEELINGS



I AM CONNECTED TO WHAT SURROUNDS ME



I AM GRATEFUL FOR WHO I AM