

Affirmations



I am choosing to write my own story

I am worthy of unconditional love

I will be able to handle whatever today brings

When things feel out of control, I can always control my breath

I am creating my own version of peace

My journey is unique and can not be compared to others

I am doing great things and I am proud of myself

I am here for a reason and I will make it known

I am chosen because I choose myself

I have a purpose and I will continue to look forward

