

# AFFIRM YOUR WEEK:

## A WEEKLY PLANNER FOR NOURISHING YOUR MIND, BODY, AND SOUL.

*week of January 2-8th*

MONDAY

I am resilient, resourceful, and capable of achieving anything I set my mind to do

TUESDAY

I am cultivating confidence and inner strength every day.

WEDNESDAY

I am filled with gratitude for all the good in my life.

THURSDAY

I am inspired and motivated to reach my goals.

FRIDAY

I am open to new ideas and possibilities.

SATURDAY

I am worthy of receiving love, joy, and fulfillment in all areas of my life.

SUNDAY

I am surrounded by loving, supportive people who want me to succeed in life.