DAILY AFFIRMATIONS CURATED BY ELLE VIDA

BAKE YOUR REALITY WITH INTENTION



* CAKE INGREDIENT AFFIRMATIONS

1. FLOUR OF FAITH

"I AM STRONG AND GROUNDED, WITH A SOLID FOUNDATION THAT SUPPORTS ME THROUGH LIFE'S CHALLENGES."

2. SUGAR OF GRATITUDE

"I ATTRACT ABUNDANCE AND POSITIVITY INTO MY LIFE, SWEETENING EVERY MOMENT WITH JOY AND APPRECIATION."

3. EGGS OF RESILIENCE

"I TRUST MYSELF TO NAVIGATE LIFE'S UPS AND DOWNS, AND I EMERGE STRONGER AND WISER FROM EACH EXPERIENCE."

4 MILK OF CLARITY

"I STAY FOCUSED AND CALM, EVEN IN UNCERTAIN TIMES, AND I SEE THINGS CLEARLY WITH A SENSE OF PURPOSE." *

5. BUTTER OF ABUNDANCE
"I AM OPEN TO RECEIVING LOVE, CARE,
AND SUPPORT FROM OTHERS, AND I SHARE
MY OWN GIFTS WITH GENEROSITY AND
KINDNESS"