

Affirmations



**I am calm and
relaxed**

**I am getting
better & better
every day**

**I embrace new
opportunities**

**I stand up for
myself when
I need to**

**I relax and
enjoy my life**

**I love and
appreciate
myself**

**I release what
no longer
serves me**

**I am strong
and capable**

**I am grateful
for the good
things in life**

**I accept myself
completely**

I trust myself

**I make healthy
choices for my
body**

(Create your own)

(Create your own)

(Create your own)

