



# A Month+ of Positive Affirmations

32 Affirmations that will shift your brain and change your life

Take this list and...

Print, cut, and pick one each day. If you don't have a printer, use this as a resource to choose one each day to write down and meditate on.

Let the magic unfold as you begin to choose your thoughts, believe in yourself, and follow your intuition.

I am  
open to  
receiving  
greatness

I Am  
Light

My body  
is rested,  
my mind  
is clear

All  
Is  
Well

I Am  
Kind

I bring  
light  
with me  
wherever  
I go

Today  
I choose  
joy

I am a  
positive  
influence  
on the  
world

I Am  
Healthy,  
Well,  
Vibrant

I Am  
Committed  
To Feeling  
Good

I Accept  
That Good  
Things Can  
Come Easily

My Life  
Is  
Abundant

I Am  
ROCKING  
This!

Thank You,  
Body

I Trust  
That My  
Soul Knows  
What To Do

I Start My  
Day With  
Positive  
Thoughts  
& Energy

I Am  
Limitless

The  
Universe  
Is On  
My Side  
Today

I Can  
Do Hard  
Things

I Will  
Prioritize  
Well-being  
Over  
Hustling

My Energy  
Is  
Magnetic

I Believe  
I Can Make  
Courageous  
Change

I Allow  
Myself To  
Feel Things

I Am  
Love

I Am  
Compassionate

Energy Goes  
Where My  
Intention  
Flows

I Forgive  
My Negative  
Thoughts  
And  
Choose Again

I Take  
Action  
With  
Trust And  
Confidence

I Am An  
Absolute  
Boss

Self Love  
Is  
First Love

I Shine  
My Unique  
Light

In This  
Moment  
I Am  
Safe



# About Sheila Anne

Mindset & Embodiment Coach



Connect!

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Sheila is committed to helping individuals and groups to become more resourced, resilient, and effective in their lives and careers. Through working with Sheila, clients find they can breathe deeper, trust themselves to take action, and confidently follow their purpose.

She blends mindfulness and embodiment techniques with proven coaching tools to bring you a process that's uniquely empowering. This “slow down to speed up” approach is what helps clients pause, reflect on what they truly desire, and rise into the best version of themselves.

Credentials: ICF Professional Certified Coach, Trauma-Informed Certified Coach, Whole Person Certified Coach, Yoga Instructor.