



# 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



Hi there! I'm Sheila. I'm a certified coach that helps go-getter women create thriving careers, relationships, and lifestyles through mindfulness, visualizations, and proven coaching tools.

Take a peek at my offerings:

Ground to Grow Accelerator: In this one-time power session, we tap into one specific challenge, decision, or question you've been stuck on and get you answers and action steps! Includes a somatic visualization and life assessment.

Root to Rise Transformational Program: This is my signature coaching program built for high-achieving women that are craving more courage, more change, and more challenge in their life. I've helped women to leave relationships, launch businesses, and create feel-good flow in their lives!

BOOK your first call at [sheilaanne.com/book](https://sheilaanne.com/book)

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[@sheflowsandgrows](https://www.instagram.com/sheflowsandgrows)