

Affirmations

AFFIRMATIONS ARE SHORT, SIMPLE STATEMENTS THAT SHOULD BE USED REGULARLY TO IMPROVE NEGATIVE THINKING HABITS. PRACTISED DAILY THEY KEEP THE MIND FOCUSED ON GOALS, POSITIVE BEHAVIOUR PATTERNS, AND MENTAL WELLBEING.

Right here,
right now, I am
okay

I am grateful for
everything I have
in my life

I can be
whatever I
want to be

All I need is
within me

Every day, I am
getting closer to
achieving my
goals.

I am excluding
negativity and
welcoming
positivity

I am a
stronger and
better version
of myself than
yesterday

I am proud of
who I am
becoming

Today I am
choosing
happiness and
positivity

I am in charge
of my life, my
goals and my
happiness

I am a product
of my
environment, I
am surrounding
myself with
positivity.

I am building
my life on the
foundation of
hope

BELIEVE IN
YOURSELF