

POSITIVE AFFIRMATIONS

Positive affirmations are strong, motivating statements that can help us feel empowered throughout the day.

Create your own affirmations using the tips below or use the examples!

- Start your affirmations with "I am"
- Keep your affirmations in the present tense
- Use strong, positive language
- Keep your affirmations short and simple for easy repetition
- Be specific to how you want to feel




**I am important and
I have purpose**



**I am deserving
of my success**

**I am strong and capable
of whatever I put my
mind to**



**I am loved and worthy
of love**



**I am energetic and
motivated**

**I am happy to be
me**

**I am proud of how far I have
come on my journey**