

AFFIRMATIONS

Begin each day with positive affirmations. Take a screenshot of a tile below or print these off and put them somewhere you will see them.

Affirmations are most helpful when we practice them daily!

**I PUT MY ENERGY
INTO THINGS
THAT MATTER
TO ME.**

**I TRUST MYSELF
TO MAKE THE
RIGHT DECISION.**

**I BELIEVE I CAN
BE ALL THAT I
WANT TO BE.**

**I GIVE MYSELF
SPACE TO GROW
AND LEARN.**

**GOOD THINGS
WILL COME OUT
OF THIS
EXPERIENCE.**

**I AM PREPARED
FOR ANYTHING
THAT COMES MY
WAY.**

I AM SAFE.

**MY BREATH IS
CALMING MY
BODY.**

I AM ENOUGH.

**I WILL MAKE IT
THROUGH THIS.**