

breathe

Positive Affirmations

Using affirmations is a positive life tool that can change the mind's self-talk by reaffirming the determination to achieve a higher sense of well-being. Find a quiet place and sit in a relaxed position. Take a deep, slow breath in through the nose and hold it for a second or two and then release. Repeat the positive affirmations first out loud and then quietly in your mind. Continue repeating the affirmations throughout the day, several times a day. Make a note of your affirmations on your phone, then you will always have them close at hand.

1. I love and accept myself for who I am.
2. I attract amazing people in my life.
3. I create my own reality and happiness.
4. My body gets all the nutrients it needs.
5. I have a strong need to nourish my body with healthy food.
6. I feel good about myself mentally, physically and spiritually.
7. I am doing the best I can with the tools available to me.
8. I do not let other people's negativity influence me.
9. My wisdom guides me to make the right choices.
10. The past has no power over me and I set myself free.

