

31 Days of Mighty Affirmations

Directions: Choose an affirmation to start your day. You can use a sticky note provided on the next page to write or color it in!

- 1 I am enough.
- 2 My worth is not dependent on how much work I get done.
- 3 I am deserving of rest.
- 4 I give myself permission to relax.
- 5 I give myself space to learn and grow.
- 6 I believe in myself and my progress.
- 7 I understand my personal boundaries.
- 8 I am in control of my life.
- 9 It's OK for me to ask for help.
- 10 Today I will be gentle with myself and my expectations.
- 11 I am safe.
- 12 I am deserving of love and acceptance.
- 13 I am successful.
- 14 I am healing and growing every day.
- 15 I can do what I say I can do.
- 16 I set goals that are reflective of me and my needs.
- 17 I am not selfish for prioritizing my needs.
- 18 My life has meaning.
- 19 Today I choose to be happy.
- 20 I acknowledge the love that is flowing in my life.
- 21 I love and accept myself.
- 22 I am deserving of peace and quiet.
- 23 I am proud of myself and all I've accomplished.
- 24 I am my own person. There is no need to compare myself to others.
- 25 I matter.
- 26 I'll begin the day with intention and focus.
- 27 I am doing my best and that's always enough.
- 28 I am learning through my mistakes.
- 29 I will focus on the present moment.
- 30 I am more than any negative thought and can move past all of my obstacles.
- 31 My life is full of worth and value.

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