

BE KIND TO YOURSELF

Morning affirmations to push positivity into your day...



I am
Unique

I am
CREATIVE

I am
enough

I accept my
imperfections and know
they make me who I am.



I am
OPTIMISTIC

I am
PROUD

I am
FOCUSED

Today I commit to
doing something
tough that I have
been avoiding.



BE KIND TO YOURSELF

Morning affirmations to push positivity into your day...



I am
STRONG

I am
MINDFUL

I am
HAPPY

I accept all my
feelings and different
parts of myself.



I am
MOTIVATED

I am
CONFIDENT

I am
BRAVE

Today I commit to
doing something
tough that I have
been avoiding.