

30-Days of *Positive* Affirmations



SUN	MON	TUE	WED	THU	FRI	SAT
1 I am doing the work that works for me.	2 I am in charge of how I feel and I choose to feel happy.	3 I am more than my circumstances dictate.	4 I am optimistic because today is a new day.	5 I am allowed to feel good.	6 I am complete as I am, others simply support me.	7 Changing my mind is a strength, not a weakness.
8 I alone hold the truth of who I am.	9 I am still learning so it's okay to make mistakes.	10 I am worthy of investing in myself.	11 I belong here, and I deserve to take up space.	12 I breathe in healing, I exhale the painful things that burden my heart.	13 I can control how I respond to things that are confronting.	14 I celebrate the good qualities in others and myself.
15 I deserve self-respect and a clean space.	16 I do not pretend to be anyone or anything other than who I am.	17 I do not rise and fall for another.	18 I do not rush through my life, I temper speed with stillness.	19 I grow towards my interests, like a plant reaching for the sun.	20 I hold wisdom beyond knowledge.	21 I hold community for others, and am held in community by others.
22 I leave room in my life for spontaneity.	23 I look forward to tomorrow and the opportunities that await me.	24 I make time to experience grief and sadness when necessary.	25 I love that I love what I love.	26 I nourish myself with kind words and joyful foods.	27 I release the fears that do not serve me.	28 I respect the cycle of the seasons.
29 I welcome what is, I welcome what comes.	30 I strive for joy, not for perfection.					