

Affirmations



Affirmations are positive statements that are written in the present, or moving toward the goal. For example: I love and accept myself exactly as I am. Or, my body is becoming stronger and healthier every day.



Think of affirmations for the following and write them below.

My body is

My mind is

My work is

My relationships are

My health is

My home is

My friends are

My family is

My social life is

My finances are

My sex life is

My spiritual life is
