

Morning affirmations



I AM CAPABLE AND EQUIPPED TO HANDLE ANYTHING THAT COMES MY WAY TODAY.

TODAY, I WILL BE MY HIGHEST AND MOST AUTHENTIC SELF IN ALL MOMENTS.

WHEN I'M FEELING OVERWHELMED, I GIVE MYSELF SPACE TO PAUSE AND BREATHE.

I CAN DO HARD THINGS.

WHATEVER I DO TODAY IS ENOUGH.

I DO NOT HAVE TO PROVE OR ACHIEVE ANYTHING TO BE LOVED. I DESERVE TO BE LOVED
JUST AS I AM.

I AM IN ALIGNMENT WITH MY PURPOSE.

I AM ATTRACTING THE RIGHT PEOPLE AND CIRCUMSTANCES INTO MY LIFE.

I CHOOSE HOPE. I CHOOSE LOVE. I CHOOSE POSITIVITY.

I LET GO OF THE NEED TO CONTROL MY LIFE AND TRUST THAT I'M BEING GUIDED TO
WHERE I NEED TO BE.

I APPROACH TODAY WITH JOY AND EXCITEMENT.

I REALLY LOVE MYSELF.

I SPEAK TO MYSELF WITH LOVING KINDNESS.

ALL IS WELL. I AM WELL.

TODAY IS A REALLY GOOD DAY.