



# 21 DAYS OF POSITIVE AFFIRMATIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
I am enough just as I am	I am worthy of love, respect, and kindness	Today, I will find happiness in the little things	I attract positive energy and good vibes today.	Today, I choose to focus on what brings me joy	I attract positive experiences and people into my life today	I will find beauty & inspiration in everything today
Today is a new day, full of possibilities	I am in control of my thoughts & emotions today.	I radiate joy and enthusiasm throughout my day	I am grateful for the opportunity to grow and learn today	I am surrounded by positivity & kindness today	I choose to make today amazing	I am at peace with myself and the world today
I will make today wonderful by spreading love and kindness	I am deserving of a day filled with happiness and success	I am capable of handling whatever comes my way today	I am ready to achieve my goals and dreams today	Today, I am unstoppable & full of energy	I attract positive energy and good vibes today.	I am deserving of self-care & self-compassion