

My Daily Positive Affirmations

Rules: (1) Must be personal, use “I” and ‘me”, and start by stating “I am” or “I have”, (2) must be in the present tense, and (3) must be positive!

Monday:

- 1.
- 2.
- 3.

Tuesday:

- 1.
- 2.
- 3.

Wednesday:

- 1.
- 2.
- 3.

Thursday:

- 1.
- 2.
- 3.

Friday:

- 1.
- 2.
- 3.

Saturday:

- 1.
- 2.
- 3.

Sunday:

- 1.
- 2.
- 3.