

MINDFULNESS PRACTICE

Affirmations

Use these positive affirmations to motivate yourself, encourage positive changes in your life, and/or to boost your self-esteem!



- I am brilliant
- I am excellent
- I am friendly
- I am optimistic
- I am confident
- I am trustworthy
- I am a leader
- I am a good friend
- I am capable
- I am brave
- I am dependable
- I am unique
- I am known
- I am cared for
- I am loved
- I am intelligent
- I am funny
- I am consistent
- I am responsible
- I am calm
- I am outstanding
- I am loyal