



Daily Affirmations

I AM CAPABLE OF
ACHIEVING MY GOALS
AND DREAMS.

I AM CONFIDENT IN
MY ABILITIES AND
BELIEVE IN MYSELF.

I AM GRATEFUL FOR
ALL THE BLESSINGS
IN MY LIFE.

I RADIATE POSITIVITY
AND ATTRACT GOOD
THINGS INTO MY LIFE.

I AM IN CONTROL OF
MY THOUGHTS AND
EMOTIONS.

I AM WORTHY OF
LOVE, HAPPINESS,
AND SUCCESS.

I AM RESILIENT AND
CAN OVERCOME ANY
CHALLENGE.

I CHOOSE
HAPPINESS AND
POSITIVITY EVERY
DAY

I EMBRACE
CHANGE AND
ADAPT WITH
GRACE.



Your Daily Affirmations Planner

Instructions:

Morning Routine

Write down your affirmations.

Say them aloud to yourself

DATE: _____

MORNING AFFIRMATIONS:

EVENING REFLECTION:

How did these affirmations influence my actions today?

What positive outcomes did I notice?
