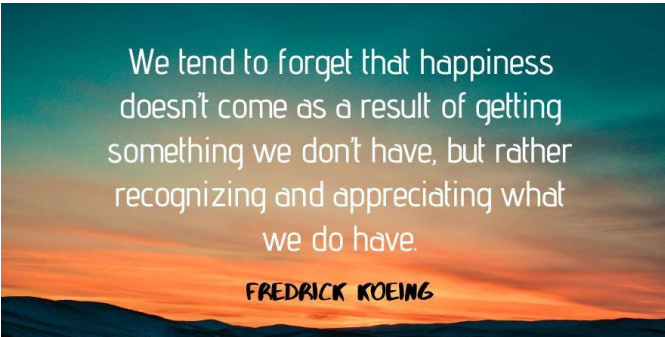


# Positive Thinking Makes A Big Difference.

## Try These Affirmations!

1. I am enough.
2. I am in charge of my life.
3. I get better every single day.
4. I am perfect just the way I am.
5. I have the power to make my dreams come true.
6. I forgive myself for my mistakes.
7. I have courage and confidence.
8. I am proud of myself.
9. I can control my own happiness.
10. I am an amazing person.
11. I have people who love and respect me.
12. I stand up for what I believe in.
13. I can get through anything.
14. I believe in my goals and dreams.
15. I can do better next time.
16. I am capable of so much.
17. I can do anything I put my mind to.
18. I believe in myself.
19. I give myself permission to make choices.
20. I have everything I need right now.
21. My challenges help me grow.
22. All of my problems have solutions.
23. Today I am a leader.
24. It's okay not to know everything.
25. Today I choose to think positive.
26. My confidence grows when I step outside of my comfort zone.
27. My positive thoughts create positive feelings.
28. Today I will walk through my fears.
29. I am open and ready to learn.
30. Every day is a fresh start.
31. If I fall, I will get back up again.
32. It is enough to do my best.
33. Anything is possible.
34. My voice matters.
35. Today I am going to shine.
36. My happiness is up to me.
37. Today I will spread positivity.
38. The more I let go, the better I will feel.
39. With every breath, I feel stronger.
40. My strength is greater than my struggle.



We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather recognizing and appreciating what we do have.

FREDRICK ROENING