



**POSITIVE  
AFFIRMATION  
CARDS**

**WORDS  
HAVE GREAT  
POWER!**



## **I AFFIRM**

Change your thinking,  
change your life!

**Your thoughts create  
your reality.**

Practice positive thinking.

Act the way you want to be,  
and soon you will be  
the way you act.

*LES BROWN*



## AFFIRMATION TIPS

Train your positive thinking everyday.

Make a habit of repeating the following affirmations over and over again.

**Repeat it to yourself gently and with love.**



**Speak it, write it,  
draw it, sing it.**

**Whatever you like.  
Choose the best way  
for you to repeat it.**

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Practice it in front of  
the mirror as well it's a  
great way to achieve  
positive effects faster.



**Each day choose only  
one affirmation  
And repeat it all day long.**

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Post the affirmation card in  
the most visible place for you  
(in your house workplace or car).



**LET'S  
DO IT!**



I feel comfortable  
looking in the mirror  
and saying:

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**I LOVE YOU**

**I REALLY LOVE YOU**





**I ACCEPT MYSELF  
EXACTLY  
AS I AM NOW**





**I AM  
WHOLE  
AND COMPLETE**



**I AM A  
UNIQUE  
BEAUTIFUL  
SOUL**



**I AM  
SAFE**



**I AM  
IMPORTANT**



**I AM  
VALUABLE**



**I TREAT  
MYSELF  
GENTLY  
AND WITH  
RESPECT**



**I APPRECIATE  
EVERY THING  
I HAVE**





**I ACCEPT  
THINGS  
AS THEY ARE**



**I TAKE  
GOOD CARE  
OF MY BODY**



**I TRUST IN MY  
BODY'S  
POWER  
TO HEAL**



**I DESERVE  
ALL  
GOOD  
THINGS**



**I AM THE  
CREATOR  
OF  
MY LIFE  
I CREATE THE LIFE  
I REALLY WANT**





**IF I CAN  
IMAGINE IT  
I CAN  
ACHIEVE IT**



**I CHOOSE  
LOVE**



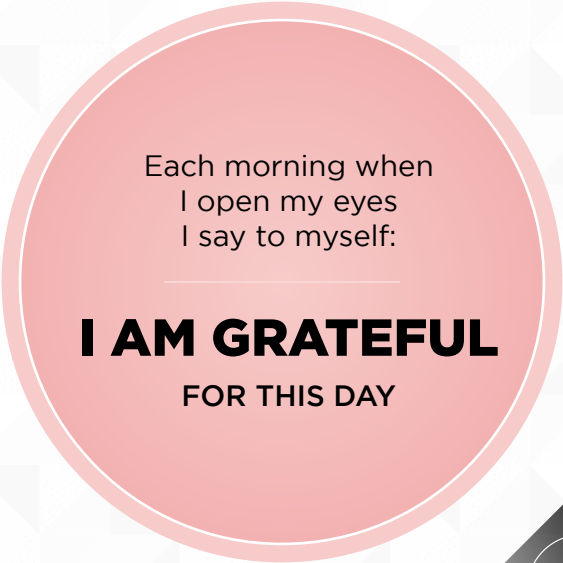
**I AM IN  
THE MIDDLE OF  
POSITIVE  
CHANGES**





**EVERYDAY  
IN EVERY WAY  
I AM GETTING  
BETTER &  
BETTER**





Each morning when  
I open my eyes  
I say to myself:

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**I AM GRATEFUL**  
FOR THIS DAY





**TODAY  
WILL BE A REALLY  
GREAT DAY**





**I AM  
THANKFUL  
FOR ALL THE  
LOVE  
IN MY LIFE**



**I SEE THE  
BEST  
IN EVERY  
SITUATION  
AND IN EVERY  
PERSON**



**I OPEN  
MYSELF TO THE  
BEAUTY, JOY  
& HARMONY  
OF THE UNIVERSE  
& I ENJOY IT**





**I AM  
SURROUNDED  
BY LOVE  
ALL IS  
WELL**



**THERE ARE  
NO FAILURES  
I LEARN FROM  
EVERYTHING  
I DO**





**I AM MY  
BEST  
FRIEND**





**I CAN  
FORGIVE**



**I LET GO  
MY PAST  
I FEEL SO  
LIGHT**



**LIFE  
LOVES ME  
AND  
SUPPORTS  
ME**



**I AM  
FULL OF  
GRATITUDE**





**POSITIVE MIND**

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**POSITIVE VIBES**

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**POSITIVE LIFE**



SENDING YOU  
**GOOD LUCK**  
VIBES

*L & G*

