



DAILY AFFIRMATIONS *for Self-Love*

I AM...

- Adventurous
- Brave
- Brilliant
- Capable
- Confident
- Determined
- Imaginative
- Independent
- Vivacious
- _____
- _____

AND TODAY I WILL...

- | | |
|------------------------------------------------------|--------------------------------------------------------|
| <input type="radio"/> Be content | <input type="radio"/> Learn something new |
| <input type="radio"/> Be fearless | <input type="radio"/> Live life to its fullest |
| <input type="radio"/> Go on an adventure | <input type="radio"/> Love and be loved |
| <input type="radio"/> Inspire others and be inspired | <input type="radio"/> Practice kindness and compassion |
| | <input type="radio"/> _____ |
| | <input type="radio"/> _____ |

MY TOP 3 CORE VALUES ARE...

A PERSON I CARE ABOUT IS:

AND TODAY I WILL...

- PAY THEM A MEANINGFUL COMPLIMENT OR TELL THEM HOW MUCH I CARE
- EXPRESS APPRECIATION FOR THEM BEING IN MY LIFE
- TELL THEM ABOUT SOMETHING THAT'S BOTHERING ME AND FEEL COMFORTED
- OFFER TO LISTEN IF THEY HAVE SOMETHING ON THEIR MIND
- GIVE AND RECEIVE AFFECTION
- _____
- _____

MY GOAL FOR TODAY IS...

A CHALLENGING PERSON IS:

AND TODAY I WILL...

- AVOID OR IGNORE THEM AND CHANNEL MY ENERGY INTO MY DAILY TASKS AND ACTIVITIES
- MAINTAIN DIGNITY AND SELF-CONTROL, NOT ALLOWING MY EMOTIONS TO RULE
- PICK MY BATTLES
- PRACTICE ASSERTIVENESS
- VIEW THEIR WORDS AND ACTIONS AS A REFLECTION OF THEM, NOT ME
- _____
- _____

MY SUPERPOWER TODAY IS...

- | | |
|-----------------------------------|-------------------------------------------|
| <input type="radio"/> Coffee | <input type="radio"/> My therapist |
| <input type="radio"/> Fuzzy socks | <input type="radio"/> A good night's rest |
| <input type="radio"/> Optimism | <input type="radio"/> Cute Kitten videos |
| <input type="radio"/> Mom powers | <input type="radio"/> _____ |