I AM...

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

MY TOP 3 CORE VALUES ARE...

AND TODAY I WILL...

- Be content
- Be fearless
- Go on an adventure
- Inspire others and be inspired
- Learn something new
- Live life to its fullest
- Love and be loved
- Practice kindness and compassion
- ___________________

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...

MY 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...

- Coffee
- Fuzzy socks
- Optimism
- Mom powers
- ___________________
- My therapist
- A good night's rest
- Cute kitten videos

DAILY AFFIRMATIONS for Self-Love

MIND REMAKE PROJECT 2022