

# Positive Affirmations

You Can Use Every Day

01. I am doing fine and getting better every day.
02. I am loved and worthy.
03. I am optimistic because today is a new day.
04. I am valued and helpful.
05. I do all things in love.
06. I am safe and surrounded by love and support.
07. I am peaceful and whole.
08. I am responsible for myself.

\* The above are courtesy of Canva



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09. I will accomplish one goal today.
10. I have already won and the day has not started.
11. I am stronger than I give myself credit for.
12. I am willing to fall and get back up.
13. I love my laugh, voice and humor.
14. I am in tune with my self-worth today.
15. I am already successful in life.
16. I love my caring ways.

\* The above is courtesy of The Silent Torch

