

Mindful Affirmations

**I CAN BE
PRESENT IN THIS
MOMENT**



Mindful Affirmations

**I AM CALM AND
PEACEFUL**



Mindful Affirmations

**I WILL FOCUS ON
WHAT MAKES ME
HAPPY**



Mindful Affirmations

**I APPRECIATE
TODAY**



Mindful Affirmations

**I WILL ACCEPT
MY FEELINGS**



Mindful Affirmations

**I CAN PAUSE AND
REFLECT**



Mindful Affirmations

**I CAN TAKE A
MOMENT FOR A
DEEP BREATH**



Mindful Affirmations

**I QUIETLY
OBSERVE WHAT
IS AROUND ME**



Mindful Affirmations

**I WILL FIND JOY
IN TODAY**



Mindful Affirmations

**I CAN DO
WONDERFUL
THINGS**



Mindful Affirmations

**I CAN THINK
POSITIVELY**



Mindful Affirmations

**I WILL BE KIND
TO MYSELF**



Mindful Affirmations

**I WILL
ENCOURAGE
MYSELF**



Mindful Affirmations

**I AM GRATEFUL
FOR WHO I AM**



Mindful Affirmations

**I WILL GIVE MY
FULL ATTENTION
TO THIS
MOMENT**



Mindful Affirmations

**I WILL SHOW
SELF-
COMPASSION**



Mindful Affirmations

**I LOVE THE WAY
TODAY FEELS**



Mindful Affirmations

**I CAN SLOW
DOWN AND
ENJOY THIS
MOMENT**



Mindful Affirmations

**THERE IS JOY
WITHIN ME**



Mindful Affirmations

**I WILL LISTEN TO
MY FEELINGS**



Mindful Affirmations

**I WILL GIVE
TODAY MY BEST
EFFORT**



Mindful Affirmations

**I AM CONNECTED
TO MY
THOUGHTS**



Mindful Affirmations

**I HAVE AN
OPEN MIND**



Mindful Affirmations

**I WELCOME
TODAY'S
OPPORTUNITIES**

