



# 5 AFFIRMATIONS TO START YOUR DAY

Morning affirmations are a great way to latch onto feel-good mental power and start your day on a positive note. These phrases are a powerful tool for self-improvement to help transform attitudes and awareness.

**Tomorrow morning, before your feet hit the floor, try these five affirmations:**



**WANT TO CREATE UNIQUE AFFIRMATIONS TAILORED JUST FOR YOU?**

**Here are a few tips:**

- 1** Choose a statement that resonates and belongs to you. To spark change, you must believe it at your core.
- 2** Affirmations are always said in the first-person and present tense. Rather than saying "I will," begin your phrase with "I am," "I can," or "I am learning to ..."
- 3** What are you trying to cultivate or reinforce today? Adapt and sculpt your affirmations to meet this moment.
- 4** Feel what you are saying: believe it and mean it. Visualize your words as truth as you think, say, write and hear them.
- 5** Repeat your affirmations often and build them into your morning routine. Use them during the day as gentle reminders and encouragement. The more you think and speak them, the more positive momentum will fuel your day and leave less room for negative thoughts.