



I am Positive Affirmations

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

Positive affirmations can be anything to repeating something positive to yourself or reading positive quotes, or a positive podcast. This challenge invites you to write a positive affirmation everyday.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>