

I DON'T HAVE FING TIME FOR THIS!

Mom-to-Mom Support Group

Morning Affirmations to Help you Start your Day

1. Today is a new day, full of new opportunities.
2. I am capable, strong, and can handle whatever comes my way.
3. I choose to let go of negativity and focus on positivity.
4. I am worthy of love, care, and respect - both from myself and others.
5. I am grateful for all the blessings in my life, big and small.
6. I trust that everything will work out for my highest good.
7. I am confident in my abilities and ready to take on new challenges.
8. I am enough, just as I am.
9. I am surrounded by love and support.
10. I am a unique and valuable person, with so much to offer the world.
11. I will approach today with kindness, compassion, and patience.
12. I am at peace with myself and the world around me.
13. I trust my intuition and make choices that align with my values.
14. I am a work in progress, and that's okay - I am growing and learning every day.
15. I am filled with joy, happiness, and positivity, and I share that with others.

Remember to repeat these affirmations with conviction and belief, so your mindset and life transform!

