

Amoreena's

# Affirmations

Artwork & affirmations by Amoreena Rathke

Affirmations help reprogram our subconscious mind by encouraging us to believe positive things about ourselves. Start the day repeating an affirmation three times. Evidence suggests the repeated use of affirmations, and genuinely believing them, can improve our performance and help create a reality we crave.

I am safe  
& I am  
loved.

I make friends  
easily.  
I'm a good  
friend.

I love &  
accept myself  
for who I am.

I am going  
to have  
an amazing  
day!!!

I am calm  
&  
peaceful.

I choose to be  
kind to others  
& myself.

My  
challenges  
help me  
grow.

I am  
strong  
& brave.

I am  
capable  
& smart.