

■ Good Morning Affirmations

Read one or all of these affirmations each morning. Print this page and place it on your mirror, fridge, planner, or workspace for a positive start to your day.

Morning Affirmation

Today is a fresh start.

I welcome this new day with gratitude.

I am capable of handling whatever comes my way.

Small steps today lead to big progress.

I choose kindness toward myself and others.

I have everything I need for today.

My mind is calm, focused, and ready.

I deserve joy, peace, and happiness.

I will look for the good in today.

Something wonderful can happen today.

Today's Intention

One Thing I'm Looking Forward To

Gratitude

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