AFFIRMATION
OF THE DAY

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. They are used to **reprogram** the subconscious mind, to encourage us to believe positive things about ourselves and the world around us.

1) Write down as many positive affirmations as you can find on a piece of paper.

2) Cut them into strips and place each affirmation into a jar or simply hang your sheet of paper on a wall.

3) Every morning, pick a positive affirmation and repeat 3 times out loud. Bring your attention to this affirmation throughout your day.