

Daily Affirmations

Say these affirmations before you begin your day.
Breathe deep into your belly. Exhale. Say the phrase outloud.
Feel each phrase in your body before you move to the next one.
Notice the shift in your energy.

When I do nothing - Nothing changes.
I'm in charge of how I feel and how I react.

If it feels good - Do more.
If it feels bad – Ignore.

Focus on the Magic.

I'm going to be OK.

Raise my Vibration or F*^* Off.

I'm learning to accept and love myself.