



AFFIRMATIONS

SELFCARE

"Words are things,
I'm convinced...
Someday we'll be
able to measure
the power of
words. I think
they are things. I
think they get on
the walls... your
rugs, in your
upholstery, in
your clothes, and
finally into you."

- Dr. Maya Angelou

- I am whole.
- My body, mind & emotions are one.
- I am nurturing my body with my kind thoughts.
- Everything is connected.
- I am present and whole.
- The food I eat is pure energy, I am pure energy.
- With every breath I am healing
- I can heal my body with my breath, thoughts, and emotions.
- I am the creator of my reality.
- I choose to take care of myself every day.
- Self-care is a priority for me
- I choose true joy in every choice.

AFFIRMATIONS

- Is this nurturing my soul?
- Am I connected with soul now?
- How can I take care of myself (body, mind, emotions, spirit) today?
- Am I abandon myself now?