



DAILY AFFIRMATIONS



A Daily Affirmations is a positive statement you speak aloud to yourself, declaring your goals in the completed states. These materials have profound effects on the conscious and unconscious mind.

HERE ARE THE 12 TO HELP YOU WITH YOUR RECOVERY:

#1. I can and I will make it through this.

#2. All of my problems have a solution.

#3. The past has no power over me anymore.

#4. I have many strengths.

#5. I am in charge of my life story.

#6. It's about progress not perfection.

#7. I will be a better me.

#8. I believe in my path, and I will reach my goals.

#9. I am the architect of my life, I build its foundation and I choose its content.

#10. I am superior to negative thoughts and low actions.

#11. Though these times are difficult, they are just a phase of my life.

#12. One day at a time.

