



Week Ten: April 20th – April 26th

It is very easy to give gratitude and appreciate to others around you. This week we challenge you to turn your gratitude to yourself. Pick two or three affirmations to focus on this week. Write them in your journal, stick them to your bathroom mirror or above your kitchen sink. Send your affirmations to your coach to receive credit.

Step Challenge: Record 10,000 steps at least three times this week.

50 Positive Self-Affirmations

Think of this as a menu of options. Each morning, immediately upon rising, select a few and say them out loud and/or write them down. Doing this will set the tone for your day and get you moving in a positive direction.

- I am successful.
- I am confident.
- I am powerful.
- I am strong.
- I am getting better and better every day.
- All I need is within me right now.
- I wake up motivated.
- I am an unstoppable force of nature.
- I am a living, breathing example of motivation.
- I am living with abundance.
- I am having a positive and inspiring impact on the people I come into contact with.
- I am inspiring people through my work.
- I'm rising above the thoughts that are trying to make me angry or afraid.
- Today is a phenomenal day.
- I am turning DOWN the volume of negativity in my life, while simultaneously turning UP the volume of positivity.
- I am filled with focus.
- I am not pushed by my problems; I am led by my dreams.
- I am grateful for everything I have in my life.
- I am independent and self-sufficient.
- I can be whatever I want to be.
- I am not defined by my past; I am driven by my future.
- I use obstacles to motivate me to learn and grow.
- Today will be a productive day.
- I am intelligent and focused.
- I feel more grateful each day.
- I am getting healthier every day.
- Each and every day, I am getting closer to achieving my goals.

- Through the power of my thoughts and words, incredible transformations are happening in me and within my life right now.
- I am constantly growing and evolving into a better person.
- I'm freeing myself from all destructive doubt and fear.
- I accept myself for who I am and create peace, power and confidence of mind and of heart.
- I am going to forgive myself and free myself. I deserve to forgive and be forgiven.
- I am healing and strengthening every day.
- I've made it through hard times before, and I've come out stronger and better because of them. I'm going to make it through this.
- I do not waste away a single day of my life. I squeeze every ounce of value out of each of my days on this planet—today, tomorrow, and everyday.
- I must remember the incredible power I possess within me to achieve anything I desire.
- I do not engage with people who try to penetrate my mind with unhelpful thoughts and ideas—I walk away when a person or a situation isn't healthy for me.
- I belong in this world; there are people that care about me and my worth.
- My past might be ugly, but I am still beautiful.
- I have made mistakes, but I will not let them define me.
- My soul radiates from the inside and warms the souls of others.
- I don't compare myself to others. The only person I compare myself to is the person I was yesterday. And as long as the person I am today is even the tiniest bit better than the person I was yesterday—I'm meeting my own definition of success.
- Note to self: I am going to make you so proud.
- I finish what matters and let go of what does not.
- I feed my spirit. I train my body. I focus my mind. This is my time.
- My life has meaning. What I do has meaning. My actions are meaningful and inspiring.
- What I have done today was the best I was able to do today. And for that, I am thankful.
- One small positive thought in the morning can change my whole day. So, today I rise with a powerful thought to set the tone and allow success to reverberate through every moment of my day.
- I set goals and go after them with all the determination I can muster. When I do this, my own skills and talents will take me to places that amaze me.
- Happiness is a choice, and today I choose to be happy.

<https://www.lifehack.org/863537/self-affirmation>