

# Affirmations for every situation

## For the morning

Today's possibilities are endless

I am grateful for all that I am and all that I have

I release yesterdays burdens, and start fresh

I am refreshed and full of energy

## For work

I am inspired and motivated

My worth is not defined by my to-do list

My career is abundant

I bring positivity into my workplace

## For mom life

I am exactly who my kids need

I will stay calm in the midst of chaos

I trust my parenting instincts

My kids don't need a perfect mom

## For anxiety

I inhale peace and exhale negativity

I am not my thoughts

I have enough, I do enough, I am enough

I am letting go of fear and worry

## For body & health

My body is a gift

No matter what, my body is always worthy of love and respect

I make healthy choices that are rooted in love

I am grateful for this body and all it is capable of

## For tough situations

I choose to not take this personally

I'd rather be happy than right

Forgiveness is a gift to myself

My peace is mine, I won't give anyone the power to take it away from me