



A Path to Self-Affirmation

The way we speak to ourselves matters!

Our brains learn by taking repeated paths.

Our thought patterns, like paths in the woods, are forged by repeated use. The more we take the same path, the more clear and defined it becomes. With time and repetition, the paths we clear become our most familiar routes.

We can create our own paths.

When we practice positive, loving thoughts about ourselves, they become natural. Instinctive. Our own. Practice builds permanence.

So today, we hope you will begin to forge a new path.

By yourself. For yourself.

Affirm yourself! Speak to yourself with love!
We deserve to speak to ourselves with kindness and compassion!

Complete this affirmation, daily, or when it feels right.

Today...

I AM _____

I HAVE _____

I DESERVE _____

I WILL _____