

■ Affirmation Sampler ■

I am enough, exactly as I am.

Today I choose peace over worry.

I release self-doubt and embrace confidence.

My heart is open to giving and receiving love.

I am grounded, calm, and centered.

I trust my journey and honor my growth.

I let go of what I cannot control.

My body, mind, and spirit are aligned.

I radiate kindness and compassion.

Every moment is a new beginning.