

Lovely Mindset Challenge

This challenge is designed to deepen your connection to appreciation by combining daily affirmations with gratitude journaling.

H O W I T W O R K S

Step 1: Print out this worksheet.

Step 2: Each day for thirty days, choose one statement from the list provided. I've included a few extra to ensure you have plenty of options to find statements that resonate deeply with you.

Please note: You can also create your own affirmation statements, but be sure to start the affirmation with "I love" rather than generic "I'm grateful for" gratitude prompts or generic "I am" affirmation statements. This challenge is designed to shift your focus from simply being "grateful for" to truly "loving." This isn't just a word change; it's an invitation to deepen your connection to appreciation.

Step 3: Repeat and Reflect: Throughout the day, repeat the affirmation to yourself. Feel the words and let them resonate within you.

Step 4 (Optional): Journaling for Connection: In your journal, write down the day's affirmation. Then, think of three people you know (friends, family, colleagues, mentors, or even public figures) who embody that statement. Write down their names and a brief note about why that affirmation applies to them.

This practice helps you see these qualities not just in yourself but in the world around you, fostering a deeper sense of connection and appreciation.

Lovely Mindset Statements

I love that you are here.

I love that you are accepting life as it unfolds.

I love that you are learning from every experience.

I love that you are responding with grace, not reaction.

I love that you are trusting the journey you're on.

I love that you are thriving on your own terms.

I love that you are celebrating your small victories.

I love that you are approaching life with a positive outlook.

I love that you are owning your voice and your power.

I love that you are setting strong boundaries with confidence.

I love that you are honoring your true self.

I love that you are embracing new challenges.

I love that you are trusting your intuition.

I love that you are patient.

I love that you are prioritizing your well-being.

I love that you are speaking your truth.

I love that you are connecting with others authentically.

I love that you are allowing yourself to evolve.

I love that you are resourceful.

I love that you are living with an open heart.

I love that you keep showing up.

Lovely Mindset Statements

I love that you are advocating for others.

I love that you are transforming challenges into opportunities.

I love that you are helping those around you.

I love that you are reclaiming your narrative with courage.

I love that you ask curious questions.

I love that you are kind.

I love that you have learned from every season of your life.

I love that you value diversity.

I love that you are daring to pursue your boldest dreams.

I love that you feel at peace without validation from others.

I love that you attract opportunities.

I love that you allow yourself to recharge.

I love that you are resilient.

I love that you value your team.

I love that you are determined.

I love that you are releasing what no longer serves you.

I love that you are embracing the present moment fully.

I love that you reach out to others.

I love that you are eager to discover new ideas.

I love that you have expanded your perspective.

I love that you make decisions that serve your highest potential.

I love that you are inspired and motivated.