

*Write them down say them out loud every day, until*

*you start adopting positive self-talk!*

**XOXO, AEB.**  
SIP. READ. SHOP. HEAL.



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|--|--|---|
| 1. I am successful.  | 17. I am not pushed by my problems; I am led by my dreams.   | 30. I'm freeing myself from all destructive doubt and fear.   |
| 2. I am confident.   | 18. I am grateful for everything I have in my life.  | 31. 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. |
| 3. I am powerful.  | 19. I am independent and self-sufficient.  | 32. I am healing and strengthening every day.   |
| 4. I am strong.  | 20. I can be whatever I want to be.  | 33. 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.   |
| 5. I am getting better and better every day.   | 21. I am not defined by my past; I am driven by my future.   | 34. 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.                              |
| 6. All I need is within me right now.  | 22. I use obstacles to motivate me to learn and grow.  | 35. I must remember the incredible power I possess within me to achieve anything I desire.  |
| 7. I wake up motivated.  | 23. Today will be a productive day.  | 36. 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.                     |
| 8. I am an unstoppable force of nature.  | 24. I am intelligent and focused.  | 37. I belong in this world; there are people that   |
| 9. I am a living, breathing example of motivation.   | 25. I feel more grateful each day.   |   |
| 10. I am living with abundance.  | 26. I am getting healthier every day.  |   |
| 11. I am having a positive and inspiring impact on the people I come into contact with.                              | 27. Each and every day, I am getting closer to achieving my goals.   |   |
| 12. I am inspiring people through my work.   | 28. Through the power of my thoughts and words, incredible transformations are happening in me and within my life right now. |   |
| 13. I'm rising above the thoughts that are trying to make me angry or afraid.  | 29. I am constantly growing and evolving into a better person.   |   |
| 14. Today is a phenomenal day.   |  |   |
| 15. I am turning DOWN the volume of negativity in my life, while simultaneously turning UP the volume of positivity. |  |   |
| 16. I am filled with focus.  |  |   |

care about me and my worth.

38. My past might be ugly, but I am still beautiful.
39. I have made mistakes, but I will not let them define me.
40. My soul radiates from the inside and warms the souls of others.
41. 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.
42. Note to self: I am going to make you so proud.
43. I finish what matters and let go of what does not.
44. I feed my spirit. I train my body. I focus my mind. This is my time.
45. My life has meaning. What I do has meaning. My actions are meaningful and inspiring.
46. What I have done today was the best I was able to do today. And for that, I am thankful.
47. 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.

48. 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.
49. Happiness is a choice, and today I choose to be happy.