

Positive Affirmations

I am strong.

I forgive myself for my past mistakes.

I'm a good friend.

I'm doing my very best as a mother.

I can choose to be present in the moment.

If I fail, I can try again.

My goals are possible if I work hard.

I choose to be hopeful instead of fearful.

My opinion matters.

My best is good enough.

I choose joy over fear.

Be the change you want to see in your life!