

## Using Positive Affirmations

Think about your best friend in the world, the person you'd give anything for. How do you treat this person? You are loving and supportive; you're devoted and compassionate. This is how you should also treat yourself.

Here are some examples to get you started:

*I have all that I need within me to reach my goal.*

*I'm open for new and wonderful opportunities.*

*I am being guided to my best and highest good.*

*I deserve happiness.*

Make a list of 3-5 positive affirmations that resonate with you.

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_