

HOLIDAY

Affirmations
WITH FOR OUR FRIENDS

I AM THANKFUL FOR TODAY
I AM GRATEFUL FOR THE JOY AND LOVE THAT THIS DAY HAS TO OFFER
MY HEART IS GRATEFUL AND MY MIND IS AT PEACE
I AM FULL OF POSITIVE, LOVING ENERGY
I RADIATE JOY, GRATITUDE AND PEACE
TODAY, I WILL BE PRESENT IN EVERY MOMENT
I PLEDGE TO OFFER MY BEST SELF TODAY
I AM IN CHARGE OF HOW I FEEL, AND I CHOOSE JOY
I FIND JOY IN THIS PRESENT MOMENT
I FULLY EMBRACE THIS DAY AS A BEAUTIFUL OPPORTUNITY TO GIVE AND RECEIVE LOVE
AS I MOVE THROUGH THIS DAY, I DESERVE TO SPREAD MY LIGHT WITH ME WHEREVER I GO
I MOVE THROUGH THIS DAY WITH GRACE AND EASE
I HAVE THE POWER TO MAKE THIS A BEAUTIFUL DAY
I EFFORTLESSLY WALK THROUGH THIS DAY IN LOVE AND LIGHT
TODAY IS A BEAUTIFUL GIFT, AND I PLEDGE TO BE PRESENT AND LIVE FULLY IN EACH MOMENT



Courtesy of For Our Friends: A Facebook group designed to provide support to all those affected by mental illness.