aspiration reminders



POSITIVE AFFIRMATIONS TO REMIND MYSELF

Let's start off with a few affirmations, and keep adding more:

- My wildest dreams are coming true
- \circ I am in the right place at the right time
- All I need is within me
- o I have enough, I do enough, I am enough
- I embrace success
- I am allowed to take up space
- My thoughts matter
- ∘My feelings matter
- \circ I'm awesome, and I can do anything I put my mind to
- I don't have to accept anything I'm not okay with
- $\circ\, I$ will be loud about the things that are important to me
- ∘ My authenticity is my power
- I am not too small to change the world

- $\circ\:\textsc{I}$ am becoming closer to my true self every day
- ∘ I feel proud of myself when I
- I give myself space to grow and learn
- I allow myself to be who I am without judgment
- I am confident in my ability to
- My possibilities are endless
- I am worthy of my dreams
- ∘ I am enough
- I deserve happiness
- Every day I am getting healthier
 and stronger
- It's okay if I make mistakes and am not perfect
- I am proud of the person I am becoming

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