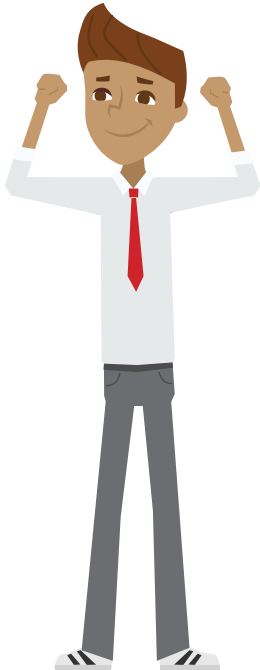




American
Heart
Association.

15 POSITIVE AFFIRMATIONS

Healthy thoughts help make healthy minds. Repeat one of these positive statements to yourself 10 times a day.



1

I believe
in myself



2

Good things
are coming
to me



3

I deserve to
be happy



4

I can get
through
anything

5

I am
thankful
for today

6

I've got this

7

I choose
my own
attitude

8

I am smart

9

I am strong



10

I'm allowed to
make mistakes
and try again

11

I am becoming
my best self

12

I feel calm
and relaxed

13

I will have a
great day today



14

I am amazing just as I am

15

I will try my
best today