

10 Affirmations

TO REMEMBER WHAT LIFE IS ALL ABOUT

You are not here to struggle and suffer and torture yourself with feelings of inadequacy, fear-based thinking and a scarcity mindset. This is your one, sweet life. This is it. Having fun and experiencing joy is your birthright. Noticing the unique beauty that surrounds you, where you're near the sea, surrounded by cornfields or in a city office not far from a little park. It is your job to seek out moments where you feel present in your body and can appreciate how incredibly wonderful it is to be here. It just keeps getting better!

1. *I am the kind of person who builds a meaningful life through small, daily moments, not just big milestones.*
2. *There is nothing wrong with wanting more for myself and my future. I deserve security, stability and fun experiences.*
3. *Beauty is not shallow.. it is one of the ways we experience joy, creativity and gratitude for life. I am allowed and encouraged to want a big, beautiful life.*
4. *I don't have to shrink my dreams or ambition to make others feel comfortable. In fact, by openly pursuing a beautiful life, I give others permission to do the same.*
5. *I want to experience life deeply.. through movement, friendship, nature, love, conversation and beautiful moments. I really value this.*
6. *I take care of my body through nourishing food choices and mindful movement. I do this out of love, respect and appreciation for my body and all that it does for me. I speak kindly to my body, because I know she is listening to me.*
7. *I don't need to earn leisure by being ultra-productive. I weave rest and leisure into everyday because it is part of creating a big, beautiful life.*
8. *I send love to the younger version of myself... I comfort her, reassure her, listen to her and celebrate with her. I receive love from a future version of myself just the same. I feel connected to all versions of myself.*
9. *No matter what happens, I know I am capable of finding solutions and remedies. I always figure things out.*
10. *I embrace each chapter of my life. It just keeps getting better, year after year.*