

Affirmations

Here are a few affirmations to use in your Art Journal. **They make great Journal pages** - alone, in a group, or in a series. Choose one (or write another one!) for **your own personal mantra** - and do an especially gorgeous page for it.

- I am making positive choices in my life.
- Rising above, I see only beauty and grace.
- I delight in everything in my world.
- My joy is a wonderful gift I can give to others.
- Positivity is a choice I make.
- I get better every single day.
- I forgive myself for my mistakes.
- Today is going to be a great day.
- It's ok not to know everything.
- My mistakes help me learn and grow.
- I give myself permission to be positive.
- I can do better next time.
- I am free to make my own choices.
- I deserve to be loved.
- I can make a difference.
- It is enough to do my best.
- Today I choose to be confident.
- I am in charge of my life.
- I believe in myself and my abilities.
- My positive thoughts create positive feelings.
- Every day is a fresh start.