

OCTOBER 2018

Affirmations

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|--|
| October is the month for starting healthy habits. Challenge: Can you affirm yourself every day for a month? | 1 I accept my power. | 2 I don't sweat the small stuff. | 3 I am superior to negative thoughts and low actions. | 4 I am enough. | 5 I am in charge of how I feel. Today I choose happiness. | 6 I take action to accomplish my goals. |
| 7 I am choosing and not waiting to be chosen. | 8 I can, and I will. | 9 All that I seek is already within me. | 10 My presence is my power. | 11 My day begins and ends with gratitude and joy. | 12 I was created to create. | 13 I choose to be kind to myself. |
| 14 I am surrounded by love. | 15 I have the power to create change. | 16 My fears are fading away every day. | 17 I'm free to create the life I desire. | 18 I deserve the best and accept the best. | 19 Good things are happening in my life. | 20 My contributions to the world are valuable. |
| 21 I always radiate positive energy. | 22 I let go of all that no longer serves me. | 23 I believe in the person I am becoming. | 24 My potential to succeed is limitless. | 25 I am improving each day. | 26 I am purpose. I was made with divine intention. | 27 I want it, I got it. |
| 28 My life is a gift and I appreciate everything I have. | 29 My mind is clear and alert. | 30 I have the courage to keep going. | 31 I am open to new beginnings. | Recite your positive affirmation throughout each day to add passion and power to your life. Uplift those around you by getting your family, friends, and co-workers involved. Share your experience with posts on Facebook, Instagram and Twitter with the hashtags #sarahnsays and #ccoctober18. Visit sarahnsays.com for more information.  | | |