**MINDFULNESS AFFIRMATIONS**

Here is a list of affirmations for you to choose from...

If you want to, you can start every affirmation with... “**I am grateful that...”**

* I see my mistakes and difficulties without judging them.
* I am kind and friendly to myself when things go wrong.
* In difficult situations, I can pause and reflect without immediately reacting.
* I am patient with myself and with others.
* I am my own unique self – special, creative and wonderful
* I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.
* I love and appreciate myself just as I am
* I show others a good example
* The more grateful I am, the more reasons I find to be grateful
* I turn every experience into an opportunity
* I am caring, supportive, loyal, smart and fun to be with
* I am getting better every day.
* I take action when something is important to me
* I choose to look at something in a new way or do something different whenever I feel stuck.
* Today I am at peace with myself
* Today I am choosing to be the best I can be
* Today I am flowing with kindness
* I learn to love myself and find that my life is filled with love
* Today I choose positive thoughts and words for my good
* Today, I will concentrate on taking one step forward, however small
* I am confident
* My possibilities are endless
* I choose to create a great day
* I have everything I need to succeed.
* I am able to love, trust and appreciate myself
* I see my mistakes and difficulties without judging them
* I experience moments of inner peace and ease even when things get hectic and stressful
* I am patient with myself and with others
* I observe how experience arise and fade away
* I am relaxed, calm and peaceful in this present moment