

DAILY

Affirmations

Repeat the affirmations each day, with belief. Many find this difficult when they start, stick with it and the belief will follow and you can start manifesting and achieving your goals!

Say them aloud, write them down or close your eyes and meditate on them. I recommend doing this in the morning when you first wake up to set the tone for the day or just before bed so you can reflect on them as you fall asleep.



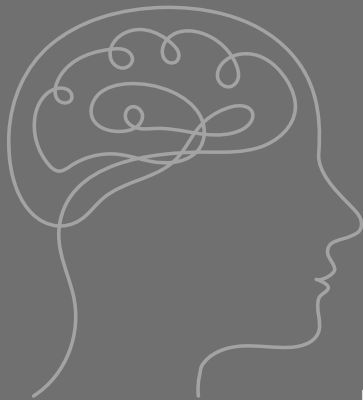
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I have grit and **I don't quit**

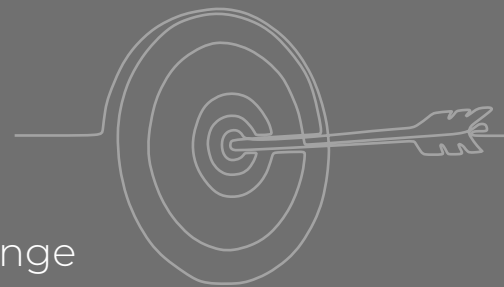
I build habits that will help me **succeed**



My attitude is everything

I am open to **learning**

I can handle any challenge



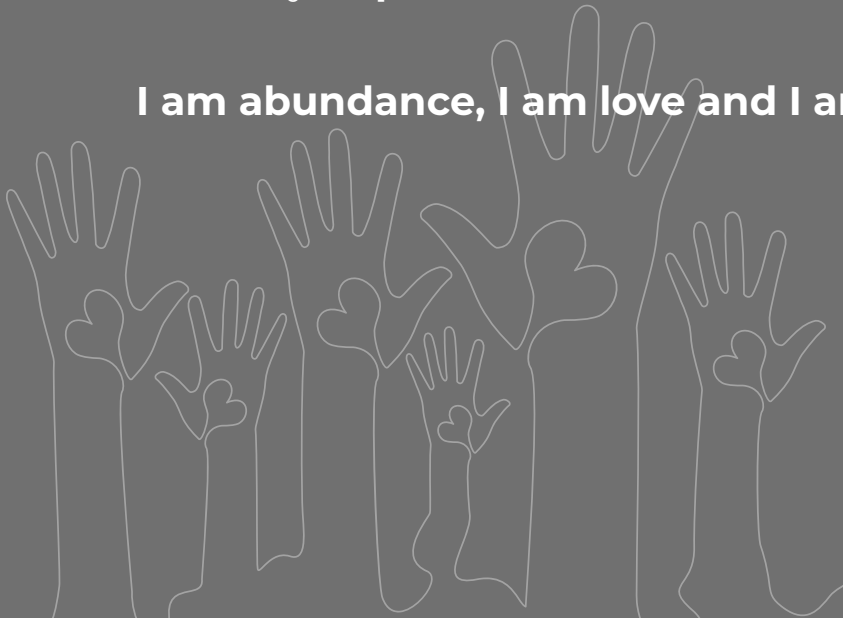
I am **vulnerable** and open to change

Growth happens when I go outside my **comfort zone**

Failure is another **opportunity for improvement**

My **imperfect action** is better than inaction

I am abundance, I am love and I am loved & fulfilled.



Take time each day to affirm these to yourself and take a step toward living a more fulfilled and meaningful life.

BUSINESS GROWTH MINDSET