



American Heart Association.

Healthy for Good™

10 Positive Affirmations

1. I can move in a different direction.
2. There is an option to love here.
3. My true purpose has no time limit and no deadline.
4. I give myself space to grow and learn.
5. Beautiful things emerge from the most unlikely places.
6. Feeling stuck is a feeling and not a fact.
7. Though these times are difficult, they are only a short period of life.
8. I'm willing to change how I'm experiencing my life.
9. When everything falls apart, I have an opportunity to rebuild.
10. I am grateful for the things I have.

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