

Positive Affirmations

You Can Use Every Day

01. I am doing fine and getting better every day.
02. I am loved and worthy.
03. I am optimistic because today is a new day.
04. I am valued and helpful.
05. I do all things in love.
06. I am safe and surrounded by love and support.
07. I am peaceful and whole.
08. I am responsible for myself.