

APRIL

AFFIRMATIONS

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S

01

"IF I REAP
WHAT I SOW,
THIS MONTH I
SOW"

02

"I CELEBRATE
MY GROWTH,
BIG AND
SMALL"

03

"MY SETBACKS
WON'T
DETERMINE MY
DESTINATION"

04

"I AM
GRATEFUL FOR
MY
WILLINGNESS"

05

"I HONOR MY
EXPERIENCES,
BOTH HARD
AND EASY"

06

"MY HARD
WORK IS
PAYING OFF"

07

"I SOW EVEN
WHEN I REST"

08

"I AM EXCITED
BY NEW
POSSIBILITIES"

09

"I SEE THE
POTENTIAL IN
THIS NEW DAY"

10

"I MEET MYSELF
WHERE MY
FEET ARE"

11

"I AM WORTHY
OF ALL I AM
GROWING"

12

"SMALL STEPS
LEAD TO BIG
CHANGE"

13

"I OPEN
MYSELF TO
NEW
PERSPECTIVES"

14

"I NOTICE MY
HIGHS, AS
MUCH AS MY
LOWS"

15

"A REMINDER: I
FIND JOY IN
THE PROCESS"

16

"I AM PROUD
OF HOW FAR
I'VE COME"

17

"I HAVE TIME
LEFT TO SOW"

18

"I AM PROUD
OF MYSELF"

19

"I AM RIGHT
WHERE I'M
MEANT TO BE"

20

"I CAN START
MY DAY OVER
AT ANY TIME"

21

"I AM WORTHY
OF CALM"

22

"I TAKE UP THE
SPACE I
DESERVE"

23

"I WELCOME
AND EMBRACE
CHANGE"

24

"I AM
JOYFULLY
CREATING MY
OWN FUTURE"

25

"I TRUST MY
HARD WORK
WILL PAY OFF"

26

"I MAKE
PROMISES TO
MYSELF THAT I
WILL KEEP"

27

"I AM JOY"

28

"I NOTICE THE
BEAUTY OF
TODAY"

29

"I EMBRACE
THE PROMISE
OF
TOMORROW"

30

"I AM READY
FOR WHAT
COMES NEXT"

Calm