

Gratitude & Forgiveness recommended content

Affirmations:

- ★ "I am worthy and deserving of self forgiveness"
- ★ "I am full of gratitude each and everyday"
- ★ "My mind, my body and my soul is deserving of deep, genuine forgiveness"
- ★ "I choose to forgive those who have hurt me, and I do so in a deeply healing and beautiful way"
- ★ "Everything that I need and want is already within me"
- ★ "I am living my healthiest, happiest, most effervescent life! I do this with my thoughts, feelings, actions, and moments of celebration."
- ★ "I am perfectly me, today, right here, right now. And, I am grateful and in love with who I am! I continuously show up in the best way that I know how, and I give my personal best"
- ★ "I love myself more today, than yesterday, but not as much as I will tomorrow"
- ★ "I allow myself space to grow"
- ★ "I am creating a life I am obsessed with, every single day"

Triggers:

- These are just areas of deeper self growth
- Stay curious, without judgement or shame
- Not everyday will be GREAT, but there is greatness in every day
- Happiness is a choice.

Final thoughts:

- ❖ When you have a negative thought, think 10 positive thoughts to replace that negative thought.
- ❖ Focus on how you want to FEEL. Period. Law of attraction = like attracts like.
- ❖ It's always okay to ask for help. Ask your friends, family members, community.. Reach out to a coach, counselor, or mentor!
- ❖ Now, celebrate!
- ❖ Congratulations & THANK you!

*XoXo,
Janelle*