

3 Minute
Positivity Journal

Something good that happened today...

Someone I really appreciate today....

Today I felt proud of myself because...

Daily Affirmations

My feelings matter

I attract great things

I am allowed to say no

I am a magnet for money

I am grateful for my body

I am allowed to take up space

I am exactly where I am meant to be right now

I am beautiful

I am in charge of my own self worth

I let go of the things I cannot control

I feel wonderful and alive

I am enough

I am making progress one step at a time

I am important and I matter

I am excited about the life I can create

Steph Archer

THE PERFORMERS COACH