



14 DAY CHALLENGE

MENTAL HEALTH AFFIRMATIONS

1. I AM ENOUGH
2. I HAVE PHENOMENAL COPING SKILLS
3. MY MIND AND I WORK TOGETHER TO SOLVE PROBLEMS
4. I APPRECIATE MY FEELINGS
5. I ALLOW MYSELF TO FEEL FULLY
6. I ALLOW MYSELF TO LET GO
7. I AM LOVED
8. I AM MENTALLY STRONG
9. EVERY DAY, IN EVERY WAY, I AM GETTING BETTER AND BETTER
10. I AM VIBRANT AND HAVE LOTS OF ENERGY
11. EVERYTHING I DO TURNS INTO SUCCESS
12. I SEE THE BRIGHTEST SIDE IN ALL SITUATIONS
13. EVERY DAY, IN EVERY WAY, I AM BECOMING MORE JOYFUL
14. I AM WHOLE