

























# 30 DAYS OF SELF KINDNESS



YOUR WAY TO A SLIMMER BODY AND A HAPPIER LIFE

Cut on the dotted lines. Fold each affirmation and place in a jar, box or bag next to your bed.  
For 30 days choose one daily.

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 I AM IN THE PROCESS OF MAKING POSITIVE CHANGES IN MY LIFE. 	I UNDERSTAND AND APPRECIATE MY BODY MORE AND MORE EACH DAY. 
THE GREATEST GIFT I CAN GIVE MYSELF IS UNCONDITIONAL LOVE. 	 TODAY I NOTICE THE THINGS I LOVE AND APPRECIATE ABOUT MYSELF.
 I AM KIND TO MYSELF AND I KNOW THAT I AM DOING THE BEST THAT I CAN.	 I WILL SHOW UP FOR MYSELF TODAY WITH LOVE AND PATIENCE.
I RELEASE NEGATIVE THOUGHTS ABOUT MY BODY AND REPLACE THEM WITH LOVE. 	I CHOOSE TO FIND HOPEFUL AND OPTIMISTIC WAYS TO VIEW ANY SITUATION. 
I AM DOING THE BEST I CAN, AND EVERY DAY IT GETS EASIER. 	 I RELEASE JUDGMENTS ABOUT MYSELF AND OTHERS.
MY POSITIVE THOUGHTS SUPPORT MY BODY'S WELL BEING. 	I CONSCIOUSLY CHOOSE THOUGHTS THAT <u>LIFT ME UP.</u>
TODAY I <u>RECOGNIZE</u> THE MANY GOOD QUALITIES I HAVE.	 I AM RESPONSIBLE FOR MY THOUGHTS AND MY LIFE.
 I SET THE INTENTION TO BE MORE KIND TO MYSELF.	I <u>SUPPORT MYSELF</u> AND MY BODY IN EVERY WAY.
 I AM GENTLE AND PATIENT WITH MYSELF.	 EVERY DAY I APPRECIATE MYSELF MORE AND MORE.
I AM READY AND WILLING TO CHANGE. 	I TREAT MYSELF WITH KINDNESS AND RESPECT. 
 I AM WORTHY OF JOY AND HAPPINESS. 	I FORGIVE MYSELF FOR THE PAST AND EMBRACE THE PRESENT. 
 I TREAT MY BODY WITH THE RESPECT IT DESERVES.	I CHOOSE THOUGHTS THAT MAKE ME FEEL <u>SUPPORTED.</u>
I FEEL COMPASSION FOR ALL PEOPLE, <u>MYSELF INCLUDED.</u>	I AM WALKING A PATH TOWARDS HAPPINESS AND SUCCESS. 
 I CAN FIND HAPPINESS IN ANY SITUATION.	MY POSITIVE THOUGHTS CREATE <u>POSITIVE EXPERIENCES.</u>
I AM WILLING TO <u>RELEASE</u> MY PATTERNS OF CRITICISM.	I CHOOSE TO SEE THE BEST IN MYSELF AND IN OTHERS. <u></u>

