

# 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 LIFT ME UP.

TODAY I RECOGNIZE 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 SUPPORT MYSELF 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 SUPPORTED.

I FEEL COMPASSION FOR ALL PEOPLE, MYSELF INCLUDED.

I AM WALKING A PATH TOWARDS HAPPINESS AND SUCCESS.



I CAN FIND HAPPINESS IN ANY SITUATION.



MY POSITIVE THOUGHTS CREATE POSITIVE EXPERIENCES.

I AM WILLING TO RELEASE MY PATTERNS OF CRITICISM.

I CHOOSE TO SEE THE BEST IN MYSELF AND IN OTHERS.

