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.





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.

I AM KIND TO MYSELF AND I KNOW THAT

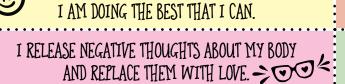


TODAY I NOTICE THE THINGS I LOVE AND APPRECIATE ABOUT MYSELF.



I WILL SHOW UP FOR MYSELF TODAY

WITH LOVE AND PATIENCE.



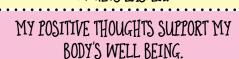
I CHOOSE TO FIND HOPEFUL AND OPTIMISTIC WAYS TO VIEW ANY SITUATION.



I AM DOING THE BEST I CAN, AND EVERY DAY
IT GETS EASIER.



> I RELEASE TUDGMENTS ABOUT MYSELF AND OTHERS.





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.

ightarrow 1 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



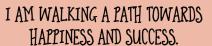
I AM WORTHY OF TOY AND HAPPINESS.



I CHOOSE THOUGHTS THAT MAKE ME FEEL SUPPORTED.

EMBRACE THE PRESENT.







I FEEL COMPASSION FOR ALL PEOPLE, MYSELF INCLUDED.

MY POSITIVE THOUGHTS CREATE POSITIVE EXPERIENCES.



I CAN FIND HAPPINESS IN ANY SITUATION.

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

I AM WILLING TO RELEASE MY PATTERNS OF CRITICISM.

