

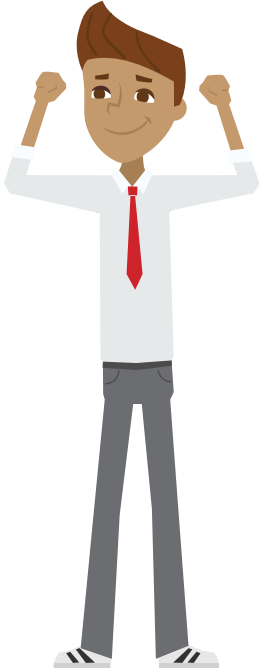


American Heart Association.

# 15 POSITIVE

# AFFIRMATIONS

Healthy thoughts help make healthy minds. Repeat one of these positive statements to yourself 10 times a day.



**1**

I believe in myself



**2**

Good things are coming to me



**3**

I deserve to be happy



**4**

I can get through anything

**5**

I am thankful for today

**6**

I've got this

**7**

I choose my own attitude

**8**

I am smart

**9**

I am strong

**10**

I'm allowed to make mistakes and try again



**12**

I feel calm and relaxed

**11**

I am becoming my best self



**14**

I am amazing just as I am

**15**

I will have a great day today

I will try my best today