



32 DAILY AFFIRMATIONS

WITH LISA LEWIS COACHING



32

DAILY AFFIRMATIONS

I am intelligent
I am funny
I have a great butt
My friends like me for who I am
I'm not perfect and that's okay
I am grateful for my home
I have time to do things I love
My thoughts matter
I am allowed to take up space
I am allowed to be loud
I like me
I love me
I am beautiful
I love my body
My feelings matter
I am grateful for my loved ones
I am so loved
I deserve and receive massive amounts of love every day
I am allowed to say No
My mistakes don't define me
I am important and I matter
I am enough
I love and accept myself
I find freedom in my vulnerability
I feel wonderful and alive
I am worthy
I am in charge of my own self-worth
I am exactly where I need to be right now
I let go of the things I cannot control
I am calm and peaceful
I am in love with myself and my body
My growth is a continuous process

SELF-CARE

MIND

Current practice:

New practice:

EMOTION

Current practice:

New practice:

BODY

Current practice:

New practice:

SPIRIT

Current practice:

New practice:

DAILY LIFE JOURNAL

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES I FACED

[Grey shaded area for writing challenges]

WHAT INSPIRED ME TODAY:

HOW I WILL IMPROVE TOMORROW:

[Grey shaded area for writing improvement goals]

VISION BOARD

*BELIEVE IT
TO SEE IT.*

SPIRITUALITY

FAMILY

KNOWLEDGE

WEALTH

CAREER

HEALTH

LOVE

MY NOT-TO-DO LIST

STUFF THAT DISTRACTS ME AND WASTES MY TIME:

STUFF THAT STRESSES ME OUT AND GIVES ME ANXIETY:

STUFF THAT DRAINS MY ENERGY:

STUFF I FEEL OBLIGATED TO DO:

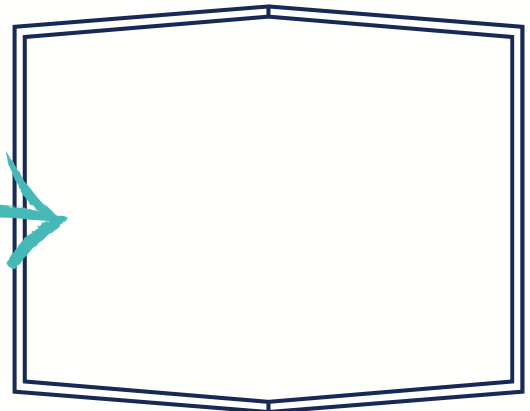
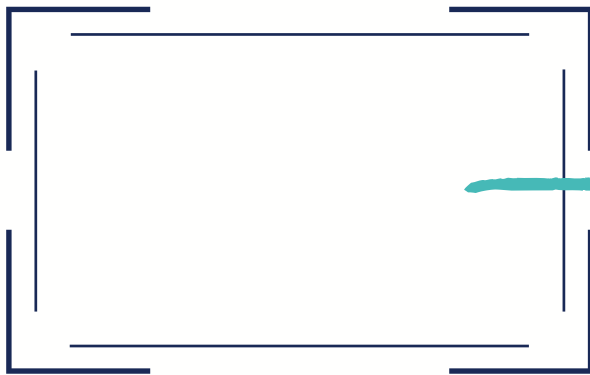
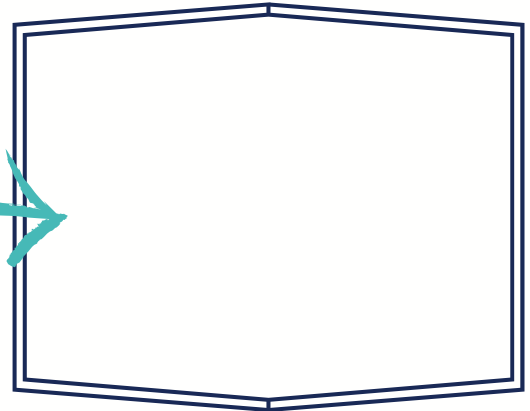
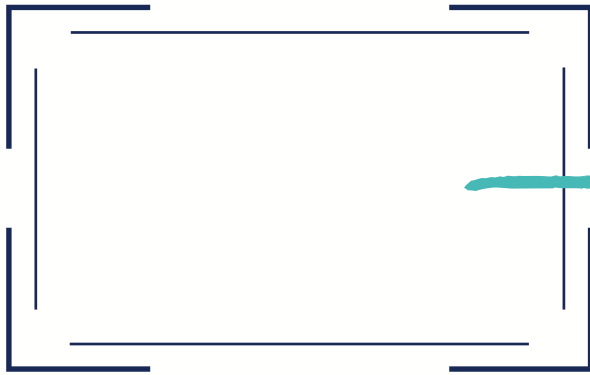
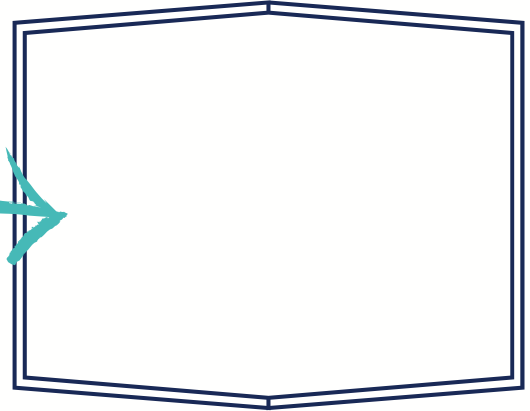
STUFF THAT DOESN'T ACTUALLY NEED TO BE DONE:

STUFF I CAN'T CONTROL OR ISN'T MY RESPONSIBILITY:



THE
DISTANCE
BETWEEN
DREAMS *&* REALITY
IS CALLED
ACTION

ANXIETY VS. TRUTH



3 MINUTE SELF-ESTEEM Journal

SOMETHING I DID WELL TODAY:

TODAY I HAD FUN WHEN:

I FELT PROUD WHEN:



WEEKLY REFLECTION

WEEK OF: / - /

ACCOMPLISHMENTS:

WHAT I WANTED TO GET DONE, BUT DIDN'T

