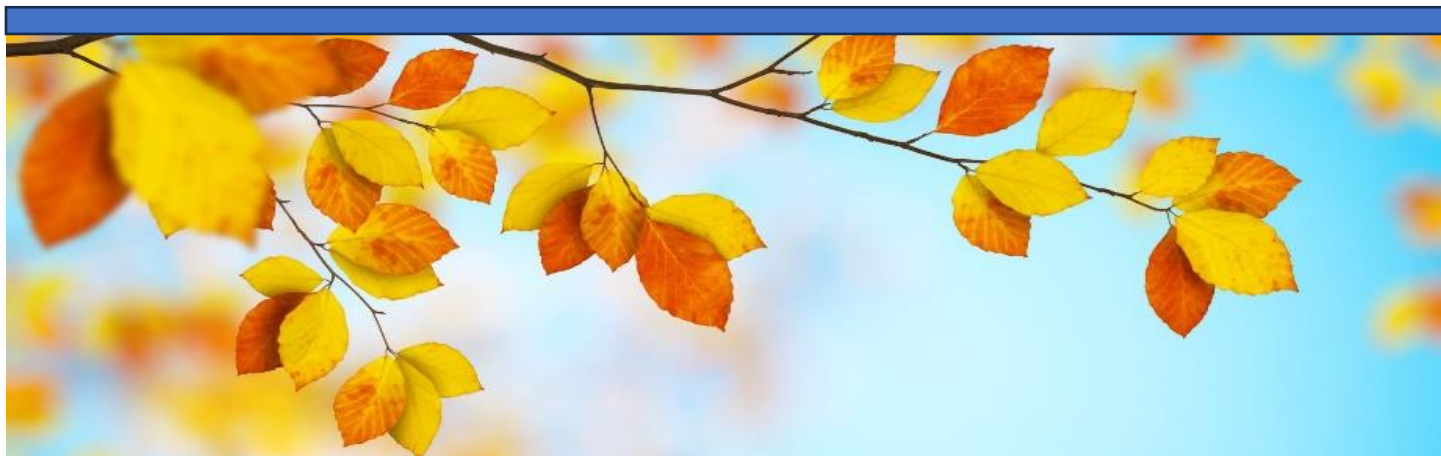


# ALEXIS ROSE AFFIRMATIONS FOR IMPERFECT DAYS



## **AFFIRMATIONS FOR THE DAILY GRIND AND STRUGGLE**

- What is ok about this moment? I am choosing to see things differently. No matter what, I believe there is something ok to be grateful for in this moment.
- What is good about this moment? I am choosing to look for and find something good around me. I am one good-feeling thought away from creating a different experience.

## **AFFIRMATIONS FOR WHEN YOU'RE TIRED AND SPENT**

- How can I recharge? I am breathing in energy and breathing out exhaustion. With every deep breath, I am energized and ready.
- Where is my source of strength? I am activating my inner strength and rising up to overcome challenges.

## **AFFIRMATIONS FOR WHEN YOU'RE GRIEVING**

- Where is my relief? I am resting my soul and allowing myself to accept love and support.
- What is my purpose? I am surrendering to the unknown and accepting what is. I am worthy. I am safe. I am loveable. I able to begin again.
- Where is my joy? I am filled with fond memories. I am grateful for the experiences. I am moving forward at my own pace with grace.

## **AFFIRMATIONS TO CARRY YOU THROUGH HELL**

- Why am I hopeful? I am on the other side of this. Thank you God.
- Why am I brave? I am on the other side of this, looking back with gratitude for the experience.
- Why am I safe? I am on the other side of this, seeing how everything worked out for my good.
- Why am I relieved? I am on the other side of this. It is finished. I am joyful and I am free.