

  
**QUEEN**  
OF YOUR OWN  
**LIFE**.com

To get a headstart on a healthy, happy New Year: Cut on all of the dotted lines. Fold each affirmation and place in a jar, box or bag. Choose one daily.



I choose to live my life in a **royal way**.

I breathe in **hope** and breathe out fear.

I give myself the gift of time to just **daydream**.

I banish all negative thoughts and self-talk for today.

I will speak about myself in a **positive** way because I am **worth** it. Language matters.

I will keep my eyes and heart open for moments of **joy**.

I will take one **small step** toward my **dream** today.

I stand in awe of the amazing juggling act I do every single day.

I will close my eyes and picture one thing I **love** about **me**.

I am a pretty darned **impressive** woman.

I am doing the best I can and that is good enough.

I will **sing** at the top of my lungs today because I can.

**F.E.A.R.** is just **False Evidence Appearing Real**

I will show up for me today with **love** and **patience**.

I will allow myself to have **fun** today because all work and no play makes a very dull Queen.

I **choose** to see the best in myself and those around me.

I am grateful for the supportive **friendships** in my life.

I am an **amazing woman**, perfect exactly the way I am.

Today I'll ask myself what nourishes **me**, and give that to myself.

I make a difference in the world by just being myself.

I will slow down today and give myself time to attend to **me**.

I will wear **lipstick** today for nobody but me.

I will stretch my mind, body and spirit today by **trying** one new thing.

I will tell myself **yes** today. **Yes I can, yes I will, yes I am.**

I will hold a gentle thought today, knowing that everyone, everywhere is dealing with something.

I give myself the permission to take the ish out of selfish.

I am a valuable woman. I am **worthy** of my own admiration.

I will **laugh** today, often and out loud!

I will be kind, both to myself and others. I will not add to someone's stress nor will I allow them to add to mine.

I will sit quietly for a full minute enjoying the silence while demanding nothing of myself.

I will loosen my grip on what keeps my from being **happy**.

P.S. Along with a decorated jar or box wouldn't this make a great gift?

