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grateful
peaceful
joyous
happy

confident

courageous

powerful

fearless

intelligent

capable

competent

creative

positive
focused
serene
mindful

optimistic

enthusiastic

successful

prosperous

HEALTHY

STRONG

energetic

BEAUTIFUL

Loving

kind

compassionate

Tranquil

unique

WORTHY

I am

!!!

Also from MakeAVisionBoard.com

About those affirmations...

Do you some sometimes feel that positive affirmations are useless? You faithfully repeat the words, but they come across as unbelievable and uninspiring.

It doesn't have to be that way!

Effective affirmations involve much more than mere words – and that is the inspiration behind this interactive journal.

It includes 50 positive affirmations, with TWO writing prompts for each one.

This unique design will help you dig deeper by approaching your thoughts from more than one angle to:

- Raise your self-awareness.
- Acknowledge your negative thoughts so you can...
- Turn your focus to the positive.
- Get clarity on what you value most and why.

These 100 writing prompts take you on a fun and interesting journey to discover what's really going on in your head. Use them to explore, focus, and visualize, and you can turn meaningless words into empowering positive affirmations!

[See it on Amazon:](#)

[Positive Affirmations Journal](#)

