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www.makeavisionboard.com

I am joyful every day.

I am a beautiful person inside
and out.

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I am a unique individual with
unlimited potential.

I am confident in my ability to
achieve my goals.

I am prosperous in all that I do.

I am grateful for the gift of
being alive today.

 MakeAVisionBoard.com

I am creating the leaner,
healthier body that I deserve.

I am letting go of expectations
and enjoying my journey.

I am grateful for my current job
and all it has taught me.

I am fit, thriving, and feeling
healthier every day.

 MakeAVisionBoard.com

I am attracting only healthy
relationships into my life.

I am amazing!

Also from MakeAVisionBoard.com

About those affirmations...

Do you 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](#)

