

# 30-DAY AFFIRMATION CALENDAR



*Thank you for downloading the 30-Day Affirmation calendar! I pray these affirmations increase your belief and confidence in who you are.*

*Repeat the following affirmations daily, preferably in the morning or before significant activities. Consistency is critical; over 30 days, you will begin to experience a positive shift in your mindset and perspective. You must be open to receiving and believing in yourself to create the desired mind shift!*



# 30-DAY AFFIRMATION CALENDAR

## DAY 1

"I am capable of overcoming any challenge that comes my way. Today, I embrace the power within me to create positive change."

## DAY 2

"I release the need for perfection. Progress is more important than perfection, and I celebrate each step forward."

## DAY 3

"I trust in my ability to make decisions. I am confident in my choices and trust that they will lead me to where I need to be."

## DAY 4

"I am not defined by my past. Today, I let go of what no longer serves me and focus on creating a bright and fulfilling future."

## DAY 5

"I am resilient. I bounce back from setbacks stronger than before. Challenges are opportunities for growth, and I embrace them with courage."

## DAY 6

"I am deserving of success. I attract positive opportunities, and I am open to receiving the abundance that comes my way."

## DAY 7

"I choose to see the good in myself and others. Positivity surrounds me, and I contribute to a harmonious and supportive environment."

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## DAY 8

"I am in control of my time. Today, I prioritize my tasks and use my time wisely to move closer to my goals."

## DAY 9

"I am a learner. I embrace new challenges as opportunities to expand my knowledge and skills. Every experience is a chance to grow."

## DAY 10

"I am guided by my inner wisdom. I trust my instincts and make decisions that align with my values and goals."

## DAY 11

"I am worthy of self-love and self-care. Today, I prioritize my well-being and nurture my mind, body, and spirit."

## DAY 12

"I am resilient. I bounce back from setbacks stronger than before. Challenges are opportunities for growth, and I embrace them with courage."

## DAY 13

"I release fear and embrace courage. I am brave in the face of uncertainty, knowing that my strength will carry me through."

## DAY 14

"I am a magnet for positive energy. I attract joy, abundance, and opportunities that align with my highest good."

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## DAY 15

"I am the architect of my life. I have the power to design the life I want, and I take intentional steps toward my dreams."

## DAY 16

"I am not alone. I am surrounded by a supportive community that encourages and uplifts me on my journey."

## DAY 17

"I am a problem solver. Challenges are opportunities for creative solutions, and I approach them with a positive and resourceful mindset."

## DAY 18

"I am proud of my progress. Each day, I celebrate my achievements, no matter how small, and acknowledge the growth I've experienced."

## DAY 19

"I am at peace with my past. I release any lingering regrets and forgive myself. Today, I move forward with a clean slate."

## DAY 20

"I am a master of my thoughts. I choose positive, empowering thoughts that create a foundation for success and happiness."

## DAY 21

"I am grateful for the present moment. Today, I appreciate the beauty and opportunities that surround me."

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## DAY 22

"I am a beacon of confidence. I carry myself with assurance and speak my truth with clarity and conviction."

## DAY 23

"I am open to receiving support. Today, I welcome help and guidance from others as I pursue my goals."

## DAY 24

"I am a solution-oriented person. I focus on finding solutions rather than dwelling on problems, and I approach challenges with a can-do attitude."

## DAY 25

"I am in alignment with my purpose. Today, I take intentional actions that bring me closer to my life's purpose and passion."

## DAY 26

"I am a source of inspiration. My journey inspires others, and I am grateful for the positive impact I have on those around me."

## DAY 27

"I am a work in progress, and that's okay. Each day, I grow and evolve into the best version of myself."

## DAY 28

"I am the captain of my ship. I navigate my life with intention and steer towards the destination of my dreams."



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## DAY 29

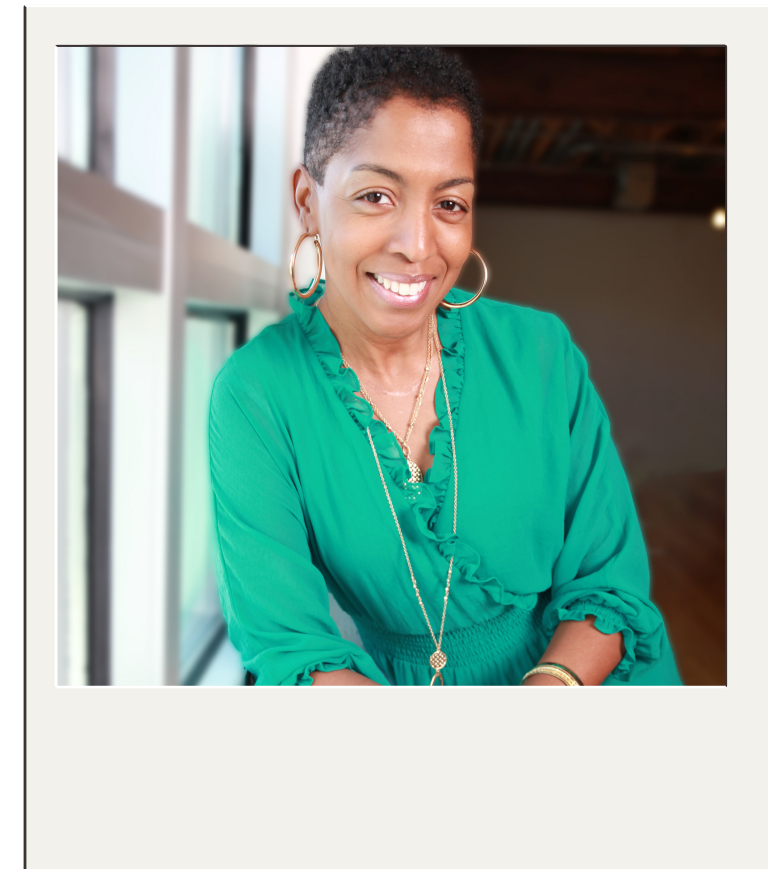
"I am surrounded by abundance. I recognize and appreciate the abundance of opportunities, love, and joy in my life."

## DAY 30

"I am ready to embrace the future. Today, I step into a new chapter of my life with confidence, clarity, and excitement."

Being Stuck can be manifested in your thoughts, emotions, and actions in different ways. It can show up as a feeling of helplessness, lack of motivation, and inability to make progress. When you are stuck, you may feel like you are in a rut and that everything you do is pointless. You may also find yourself procrastinating or avoiding tasks you know you must complete. In some cases, being stuck can lead to anxiety, depression, and other mental health issues. However, it's important to remember that being stuck is a temporary state, and with the right mindset and tools, you can overcome it and move forward toward reaching your goals.

[www.loveloudcoaching.com](http://www.loveloudcoaching.com)



*Need support getting unstuck? Connect with coach Martin at [info@drsoniamartin.com](mailto:info@drsoniamartin.com) and book a discovery call.*