



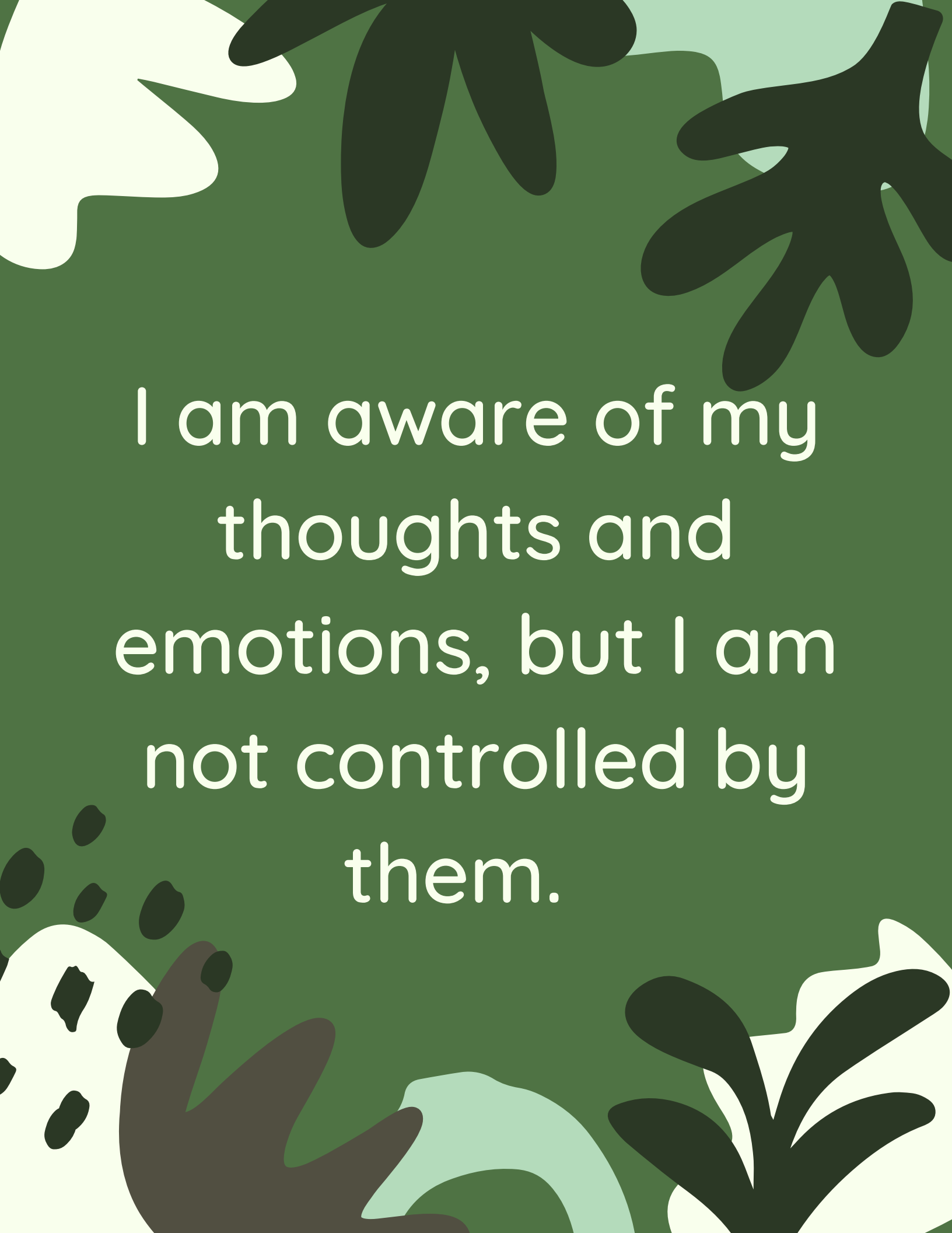
Affirmations for Mindfulness

-From Reflect Affirm

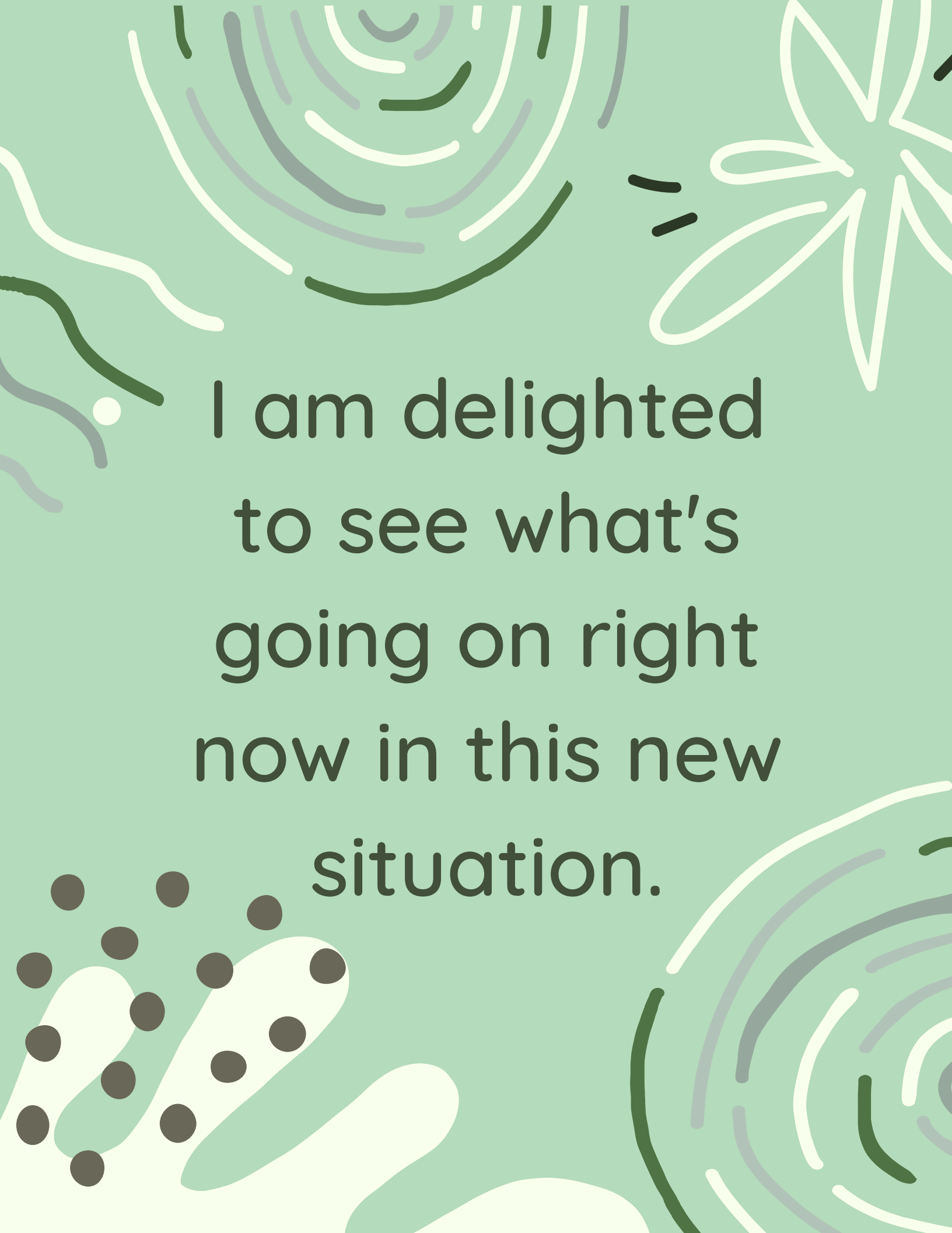
Go to
www.ReflectAffirm.com
for more affirmations.

The background is a solid dark green. In the top right corner, there is a large, irregular black shape. A thick white line starts from the top edge, loops around, and then extends downwards, partially overlapping the black shape. In the bottom left corner, there is a stylized plant with several long, thin, white-outlined leaves and some solid black leaves. The plant is positioned over a light green, rounded shape that resembles a hill or a mound of earth. This light green shape is speckled with small black dots, suggesting soil or texture.

I am present in this
moment.





I am aware of my
thoughts and
emotions, but I am
not controlled by
them.





I am delighted
to see what's
going on right
now in this new
situation.

I am breathing in
and out, and I am at
peace.





I move on from
the unpleasant
aspects of my life
and feel confident
in the present.

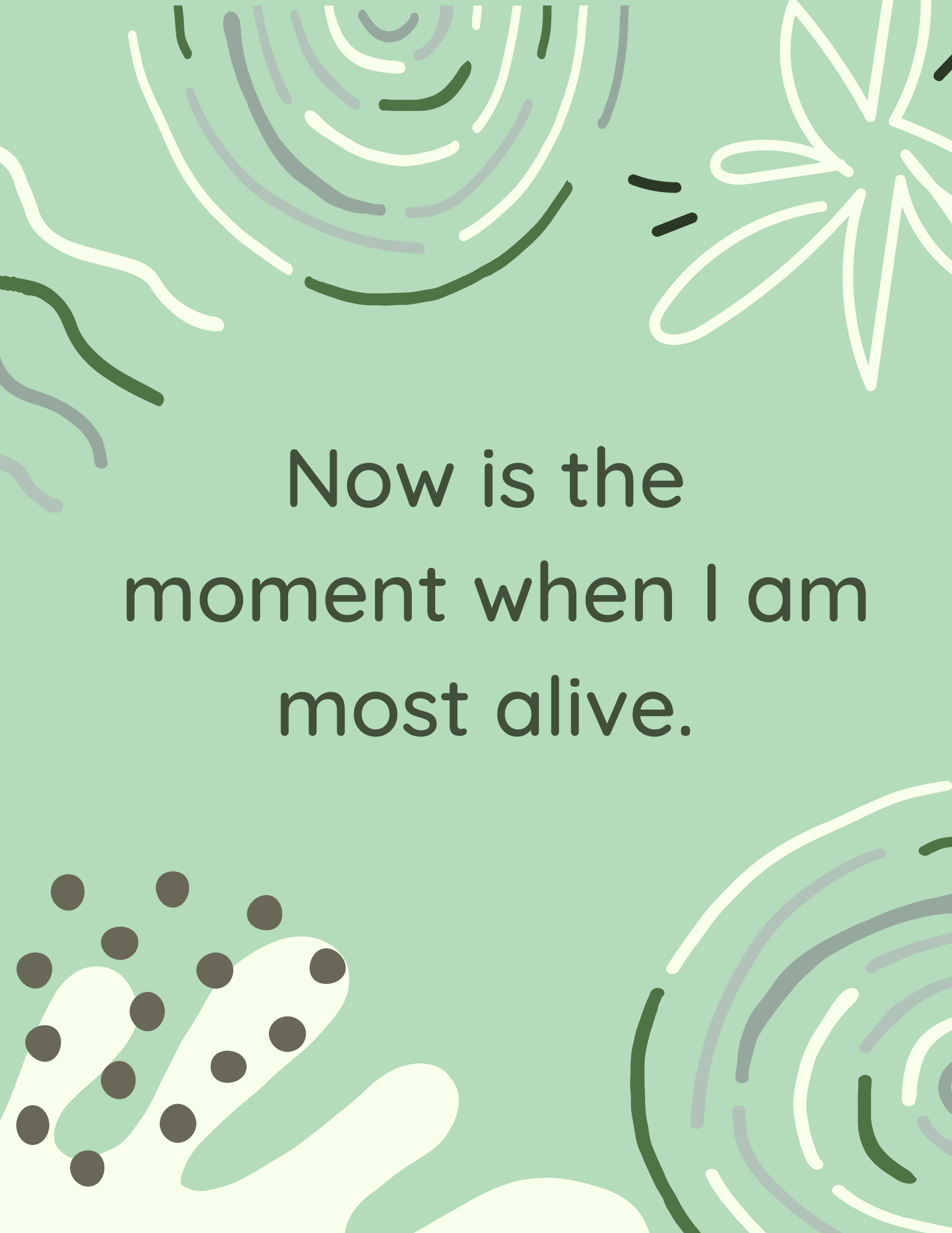


The background features a dark green field with a large, dark green, irregular shape in the upper right. A thick white line starts from the top center, loops into a circle, and then flows down and to the right, ending near the bottom right edge. In the lower left, there is a stylized plant with several long, thin, white-outlined leaves and some solid black leaves. The lower right area is a lighter green with a speckled texture of small black dots.

I am surrounded by
love and support.

The background is a solid dark green. It is decorated with stylized plant illustrations. In the top left, there is a white, cloud-like shape. In the top center and right, there are dark green, leafy plant shapes. In the bottom left, there is a dark brown, leafy plant shape. In the bottom right, there is a dark green, leafy plant shape. In the bottom center, there is a light green, cloud-like shape. The text "I release all worry and stress." is centered in the middle of the image in a white, sans-serif font.



I release all worry
and stress.

The background is a solid light green color. It is decorated with various abstract line art elements. In the top left, there are concentric, hand-drawn circles in white, light green, and dark green. To the right of these is a white, multi-petaled flower-like shape. In the bottom left, there are white, organic, blob-like shapes with small dark brown dots scattered around them. In the bottom right, there are more concentric circles in white and light green, similar to the ones in the top left.



Now is the
moment when I am
most alive.

I am calm, cool,
and collected.





I am content to be
able to observe
this period without
judgment.




The background is a solid dark green. In the top right corner, there is a large, irregular black shape. A thick white line starts from the top edge, loops around, and then flows down towards the right, ending near the black shape. In the bottom left corner, there is a stylized plant with several long, thin, white-outlined leaves and some solid black leaves. The plant is positioned over a light green, rounded shape that resembles a hill or a mound of earth. This light green shape is speckled with small black dots, suggesting soil or texture.

My day is filled with
goodness.

The background is a solid dark green. It is decorated with stylized plant illustrations. In the top left, there is a light green, cloud-like shape. In the top center and right, there are dark green, leafy plant shapes. In the bottom left, there is a brown, leafy plant shape and a cluster of small, dark green, oval shapes. In the bottom right, there is a dark green, leafy plant shape. The text is centered in the middle of the image.



I am open to new
possibilities.





Everything is
unfolding perfectly
for me.


I am grateful for
this moment.






I am happy with
and proud of
who I am today.






I am safe and secure
right now.



The background is a solid dark green. It is decorated with stylized plant illustrations. In the top left, there is a white, cloud-like shape. In the top center and right, there are dark green, leafy plant shapes. In the bottom left, there is a dark brown, leafy plant shape. In the bottom right, there is a dark green, leafy plant shape. In the bottom center, there is a light green, cloud-like shape. The text "The possibilities are endless." is centered in the middle of the image in a white, sans-serif font.



The possibilities
are endless.

The background is a solid light green color. It is decorated with various abstract line art elements. In the top left, there are concentric, hand-drawn circles in white and dark green. To the right of these is a white starburst or flower-like shape with several pointed petals. In the bottom left corner, there are two white, pill-shaped or bean-like forms, each containing several small dark brown dots. In the bottom right corner, there are more concentric circles, similar to the ones in the top left, drawn in white and dark green. The overall style is minimalist and modern.



I let go of what I
can't control.

I appreciate this
chance for peace
and quiet.






I am giving my
body the attention
it requires.

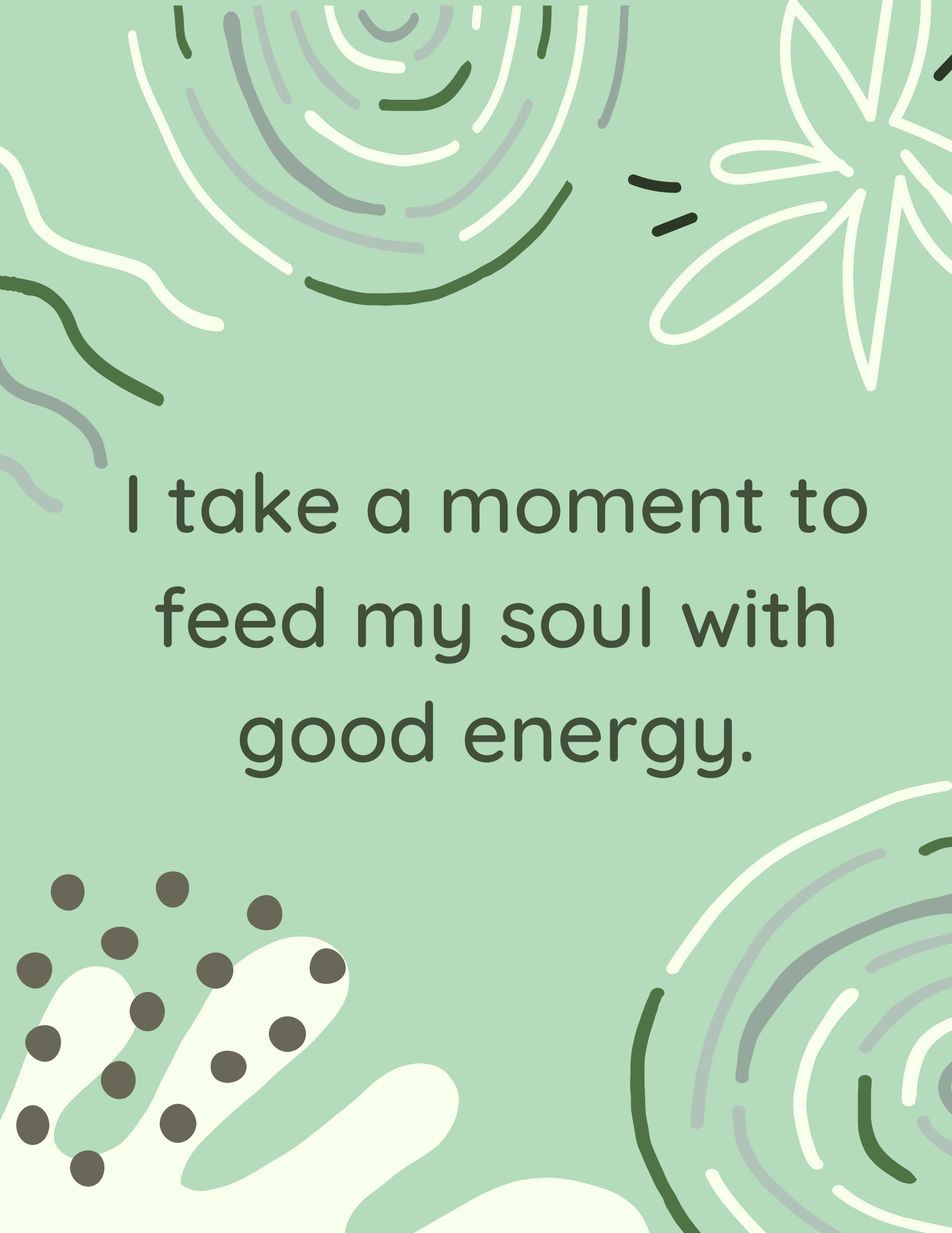


I am entitled to
pleasure and happy
feelings.





I celebrate the
present moment,
which I am currently
experiencing.



I take a moment to
feed my soul with
good energy.

My mind is open to
learning and
growing in this
moment.





My heart is full of
joy at this moment.

