



# Affirmations for Anxiety

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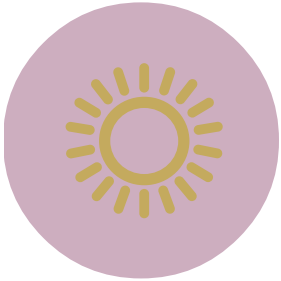
Cut these out and place them where you'll be able to see them first thing in the morning (e.g. window, mirror, closet door).

I won't let anxious thoughts run my day today.

I am not my anxious thoughts.

I am my own person, and I'm in control of my life.

I will not let anxiety hold back my joy.



# Morning Affirmations

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Cut these out and place them where you'll be able to see them first thing in the morning (e.g. window, mirror, closet door).

I AM EQUAL  
TO ANY  
CHALLENGE  
AHEAD OF ME

I HAVE THE  
POWER TO  
SHAPE MY  
DESTINY

I BELIEVE IN  
MYSELF  
100%

I AM  
BUILDING MY  
BEST SELF  
DAILY



# Affirmations for Self-Love

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Cut these out and place them where you'll be able to see them first thing in the morning (e.g. window, mirror, closet door).

I am one of a kind.  
My time, attention  
and feelings are  
precious.

I will spend just as  
much time loving  
myself as I do loving  
others.

I am committed  
to loving myself  
daily, and loving  
myself fiercely.

I am excited for  
everything that I  
have yet to  
become and  
grateful for  
everything that I  
am.