

# April Affirmations

Monday

Tuesday





















Wednesday

Thursday

Friday

Saturday

Sunday

<p><b>Take what you need!!</b></p> <p>These mantras can be used as:</p> <ul style="list-style-type: none"> <li>- Daily affirmations</li> <li>- Journal prompts</li> <li>- Meditations</li> </ul>		<p>1</p> <p>“I give myself Grace.”</p>	<p>2</p> <p>“I am beautiful.”</p> 	<p>3</p> <p>“I am Powerful.”</p> 	<p>4</p> <p>“I honor and trust myself.”</p>	<p>5</p> <p>“Abundance surrounds me.”</p> 
<p>6</p> <p>“I am healthy and strong.”</p> 	<p>7</p> <p>“Inhale love, exhale gratitude.”</p> 	<p>8</p> <p>“I am worthy.”</p>	<p>9</p> <p>“I honor my healing.”</p> 	<p>10</p> <p>“I radiate love and abundance.”</p>	<p>11</p> <p>“My body is a masterpiece.”</p> 	<p>12</p> <p>“I am safe and protected.”</p>
<p>13</p> <p>“I am grounded.”</p>	<p>14</p> <p>“I love myself.”</p>	<p>15</p> <p>“I am enough.”</p> 	<p>16</p> <p>“I am magnificent exactly as I am”.</p>	<p>17</p> <p>“Positive energy flows through me.”</p> 	<p>18</p> <p>“I am the alchemist of my situations.”</p>	<p>19</p> <p>“My heart is open. Love flows in + out freely.”</p> 
<p>20</p> <p>“All parts of me deserve love and kindness.”</p>	<p>21</p> <p>“I am filled with confidence and light.”</p> 	<p>22</p> <p>“I am connected to everything around me.”</p>	<p>23</p> <p>“I forgive myself.”</p> 	<p>24</p> <p>“I release what doesn't serve me.”</p> 	<p>25</p> <p>“I receive massive amounts of love.” – Jen Sincero</p>	<p>26</p> <p>“I trust divine timing.”</p>
<p>27</p> <p>“I am loved and loving.”</p> 	<p>28</p> <p>“I can only control myself.”</p>	<p>29</p> <p>“I am capable of great things.”</p> 	<p>30</p> <p>“Joy flows through me.”</p> 	<p><b>KEY</b></p> <ul style="list-style-type: none"> <li> New Moon</li> <li> Full Moon</li> <li> Get your boogie on</li> <li> Love letter to yourself</li> <li> Make a gratitude list</li> </ul>		