

# Positive Affirmations



Being honest frees me.  
My desires are valid.  
I forgive myself.  
I am kind to myself.  
I believe in myself.  
This too will pass.  
I create my own destiny.  
The past is over.  
I am pure, positive energy.  
Things are getting better.  
Life is worth living.  
I am loved, and I am at peace.



*“Act as if what you do makes a difference, it does”*

-William James



As I forgive myself,  
it becomes easier to forgive others.  
My life is meaningful and important; I am a valuable contributor to the greater good.  
With every breath I take, I am bringing more and more gratitude into my life.  
I constantly remind myself to enjoy all the good I have in my life right now.  
I know my value and will not lessen or shrink myself for anything or anyone.  
I am willing to be at peace with myself and everyone.  
I am worthy of respect from myself and others.  
I constantly remind myself to enjoy all the good I have in my life right now.

*Brighter days are ahead*  
*I am becoming stronger*  
*I give myself permission to heal*  
*I deserve the love I receive*  
*I am worthy just as I am*



# Activity List

## Self Care

Soaking in the bathtub  
Relaxing  
Listening to music  
Lying in the sun  
Meditating  
Having a spa, or sauna  
Getting a massage  
Reading magazines  
Taking care of my plants  
Buying things for myself  
Lighting candles

## Being Creative

Sketching, painting  
Arranging flowers  
Doing embroidery  
Playing musical instruments  
Sewing  
Writing books (poems, articles)  
Acting  
Knitting/crocheting/quilting  
Arts and Crafts

## Lets get Physical

Jogging, walking  
Going to the gym  
Practising karate, judo, yoga  
Going swimming  
Going hiking  
Gardening  
Dancing  
Doing ballet, jazz/tap dancing

## Using your Mind

Doing crossword puzzles  
Doing jigsaw puzzles  
Sudoku Puzzles  
Word searches  
Solving Riddles  
Giant dot to dot  
Colour by numbers

## What interests you?

### Some ideas below:

Playing computer games  
Going rock climbing  
Surfing the internet  
Practicing Religion  
Going to museums, art galleries  
Star gazing

## Activities with others

Going to a movie  
Spending an evening with good friends  
Playing football  
Going to clubs (book, sewing, etc.)  
Going out to dinner  
Sightseeing  
Visiting national trust sights  
Chat forums  
Going on a picnic  
Going bowling