

Today I Will Thrive

Affirmations

I Am Grateful For...

I need to accomplish...

I'd like to accomplish...

I feel...

At the end of the day

I'd like to feel...

Create the life you cant wait to wake up to.

-Josie Spinardi

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Affirmations

These are positive statements about yourself that are true, but maybe not on a conscious level yet. Read more about affirmations in The Yogic Encyclopedia at ananda.org.

I need to accomplish...

These are your non-negotiables for the day. That could include a deadline you have to meet for work, grocery shopping, exercise, etc...

I feel...

This is where you pinpoint the emotions you are feeling right now. Awareness of what we're feeling is the first line of defense against losing control of our emotions.

I Am Grateful For...

It's super important for me to start the day with feelings of gratitude for what I have. Examples I use are my mind + body, my family and my home.

I'd like to accomplish...

These are things you'd like to get done if you have the time. For me, this could be reading for thirty minutes, washing my bed sheets or going for a walk.

At the end of the day

I'd like to feel...

How do you want to feel when the day is done? Accomplished? Peaceful? Excited for tomorrow? What can you do during the day to create that feeling?

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-Josie Spinardi