

Step one - Choose your beginning

Everyday...
Today...
Tonight...

Step two - Choose your middle

...I let go of ... { insert negative thought }
...I can ... { insert positive activity }
...I choose to be ... { insert positive thought }
...I am ... { insert positive thoughts }
...I live to be ... { insert positive thought }
...I deserve to ... { insert positive activity }
...I release ... { insert negative thought }
...I promise to ... { insert positive activity }

Step three - Add your ending

...and I am ... { insert positive thought }

Positive thoughts

Accepting, Adventurous, Ambitious,
Beautiful, Brave, Bright, Calm, Caring,
Confident, Courageous, Creative,
Fearless, Funny, Grateful, Happy,
Healthy, Kind, Intelligent, Likeable,
Loyal, Motivated, Positive, Relax, Smart,
Strong, Successful, Thoughtful

Positive activities

...attract positivity
...attract opportunity
...be content
...be grateful
... be good enough
...release my worries
...let go of my stresses