

Mindset Reset Affirmations

Repeat Daily for 14 days



I am grateful for all the blessings in my life



Today I look for and see the good in everything and everyone



Good things are happening to me now



I deserve success, balance and happiness and let go of guilt



My body knows what's best for my well-being and I pay attention to what it needs



I am safe and in control



The Universe has my back and always provides



I am worthy. I am enough



I let go of what no longer serves me



I welcome joy and contentment into my life

