## daily affirmations

"I am deeply loved."

"I am strong and capable."

"I am smart and can do hard things."

"I am brave."

"I am worthy."

"I choose joy today."

"I can take care of my needs."

"Things will get better."

"I believe in who I'm becoming."

"I am in control of my attitude."

"I am grateful for what I have."

"I am talented."

"I trust God's plan."

