



AUTHENTIC ARMOUR
philosophy + lifestyle

AFFIRMATIONS:
GRATITUDE

WHAT ARE AFFIRMATIONS?

Affirmations are positive statements or phrases that you repeat to yourself regularly to reinforce a desired belief, behaviour, or outcome. They are used to challenge and overcome negative thoughts and beliefs, replacing them with more empowering and constructive ones. Affirmations are often used in practices like positive thinking, self-improvement, and personal development to help individuals cultivate a positive mindset, boost self-confidence, and manifest their goals and desires.

By consistently repeating affirmations, individuals can reprogram their subconscious mind and create a more positive and supportive internal dialogue.



- I am grateful for the abundance of blessings in my life, both big and small.
- I appreciate the gift of each new day and embrace it with a heart full of gratitude.
- I am thankful for the love and support of my friends and family, who enrich my life in countless ways.
- I express gratitude for my health and well-being, nurturing my body and mind with care and compassion.
- I am grateful for the challenges I face, as they provide opportunities for growth and resilience.
- I appreciate the beauty of nature and find solace in its tranquil presence.
- I am thankful for the opportunities that come my way, recognizing them as stepping stones on my journey.
- I express gratitude for the lessons learned from both success and failure, knowing that each experience shapes me for the better.
- I am grateful for the abundance of love and kindness that surrounds me, filling my heart with warmth and joy.
- I appreciate the simple pleasures of life, finding joy in moments of stillness and reflection.
- I am thankful for the abundance of resources available to me, using them wisely and responsibly.
- I express gratitude for the freedom to pursue my passions and dreams, embracing each day with enthusiasm and purpose.



- I am grateful for the power of forgiveness, releasing resentments and making space for love and healing.
- I appreciate the interconnectedness of all beings, recognizing that we are part of something greater than ourselves.
- I express gratitude for the gift of presence, savouring each moment and finding peace in the here and now.

