

MINDFUL LETTERING

affirmations

The remainder of this book will be filled with positive affirmations that you can trace & then letter on your own to help you deal with emotions or situations you may be facing. They have helped me so much and I truly hope they bring more joy and intention to your life too.

SECTION 1 - LET'S START WITH AWARENESS

pages 32 - 39

SECTION 2 - BEING KIND TO OURSELVES

pages 40 - 45

SECTION 3 - CENTERING OUR SELF-WORTH

pages 46 - 53

SECTION 4 - THERE IS HOPE

pages 54 - 61

SECTION 5 - LIVING WITH JOY

pages 62 - 79

Mindfulness Tip: Whether you struggle with more serious mental health concerns or you're just human dealing with regular stress & overwhelm, these are affirmations that will help you be happier & more peaceful when you take the time to ponder and internalize them.

HOW TO USE THE AFFIRMATION PAGES

You can trace over the gray affirmation first and then write it yourself in the blank space left underneath or on another page.

Once you have traced with your pen directly on these pages, I highly recommend using tracing paper so you can continue to trace the affirmations as many times as you would like.

You are more than welcome to go through these affirmations in the order they appear or if you're looking for specific to help you in your current situation, feeling or mindset, I am including a little table of contents below so you can quickly find what you need.

Affirmations for your current state of feeling

Are you...	Head to pages:
Feeling overwhelmed?	25, 27, 29, 32, 33, 34, 35, 36, 37, 38, 40, 42, 43, 44, 48, 49, 50, 51, 53, 55, 56, 57, 58, 59, 61, 69, 72, 74
Feeling stressed?	25, 26, 27, 28, 29, 32, 33, 34, 35, 36, 37, 38, 39, 40, 42, 43, 44, 48, 50, 51, 52, 55, 56, 57, 58, 59, 61, 69, 71, 72, 74
Feeling worried?	27, 29, 32, 33, 34, 35, 36, 37, 38, 39, 40, 42, 43, 44, 45, 48, 51, 52, 55, 56, 58, 59, 61, 69, 71, 72
Feeling anxious?	25, 26, 27, 28, 29, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 47, 48, 49, 50, 51, 52, 53, 55, 56, 57, 58, 59, 60, 61, 69, 70, 74, 77
Feeling depressed?	26, 27, 28, 29, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 55, 56, 57, 58, 59, 60, 61, 69, 70, 74, 77
Feeling not enough?	32, 33, 34, 36, 37, 38, 40, 41, 42, 43, 44, 46, 47, 48, 49, 50, 53, 54, 56, 59, 61, 70, 72, 73, 76, 79
Feeling lonely?	28, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 43, 45, 46, 47, 52, 55, 56, 57, 58, 59, 60, 61, 68, 71, 76, 77
Feeling sad?	26, 28, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 43, 46, 47, 52, 53, 55, 56, 57, 58, 60, 61, 68, 77

Not all the affirmations are for dealing with the negative emotions listed above. Living with Joy is the longest section in this book with several phrases to enhance an already positive attitude. That section is also helpful for any of the feelings listed in the table above.

SECTION 1

LET'S START WITH AWARENESS

Mindfulness Tip: The first thing I recommend is becoming aware. Aware of how you're feeling. Aware of what thoughts you're feeling and knowing that it's all okay. Because you're human. As we learn more, we can try to have kinder happier brains but the first step is to be aware of what's currently going on in these brains of ours!

I'm feeling

& that's okay.

*When we beat ourselves up over how we're feeling, it's really not very fun, is it? What IS helpful is to simply be aware of how we are feeling, so use this space to identify that and truly allow it to be okay.

I can handle any
emotion that
comes my way.

My emotions
are how I feel,
not who I am.

I don't have to
believe
everything
I think or feel.

My happiness
is in my mind.



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