



SOULFUL

Positivity

GRATITUDE AFFIRMATIONS



I am grateful for my life

I am grateful for good health

I am grateful to be surrounded by
loved ones

I am grateful for my ability to heal

I am grateful for breaking
generational patterns

I am grateful for nature and mother
earth

I am grateful for all the obstacles
I have overcome

I am grateful for my purpose and
direction

I am grateful for remaining positive
in difficult situations

I am grateful for my ability to self
advocate

