MORNING *affirmations*

Choose the section that speaks to you today,
or let one find you when you need it most.

Hear one that resonates in your MMC sessions?
Each section has space for you to add your own.

01 Mornings & Rising

02 Energy & Motivation

03 Confidence & Self-Belief

04 Future Self

05 Gratitude & Presence

06 Calm & Resilience

07 Hard Mornings

Mornings & Rising

Today is a fresh start.

I choose to show up for myself this morning.

Rising slowly is still rising.

I am someone who takes care of themselves in the morning.

I begin again, calmly and with intention.

Every morning I show up for myself, I become stronger.

I am building a morning that fuels my whole day.

I give myself the space to arrive.

ADD YOUR OWN:

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Energy & Motivation

I decide where my energy goes today.

I choose action over excuses.

I keep showing up, one deliberate choice at a time.

Small wins count.

I am the type of person who follows through.

I control what I can and let the rest go.

I bring my best today in every way I can.

Today I begin as I mean to go on.

ADD YOUR OWN:

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Confidence & Self-Belief

I trust my decisions and my intuition.

I am allowed to take up space and be seen.

I am someone who makes things happen.

I back myself.

I am worthy of success in every area of my life.

I am proud of myself, even if I'm still a work in progress.

I am always on the right path.

I am becoming someone I am proud of, one morning at a time.

ADD YOUR OWN:

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Future Self

am already becoming the person I want to be.

Every choice I make today is shaping my future.

I trust the version of me that is quietly taking shape.

I am building a life I am proud of, one morning at a time.

My future self thanks me for showing up today.

I am someone who follows through.

The life I want is built in moments like this one.

I am not behind. I am exactly where I need to be.

ADD YOUR OWN:

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Gratitude & Presence

I appreciate the small moments today.

I acknowledge my progress and release the week with gratitude.

I choose to be fully present today.

I notice each moment of calm.

I acknowledge and honour the small wins.

I give myself credit for how far I've come.

I close the week with gratitude for what I've achieved, big or small.

I deserve to enjoy my life right now.

ADD YOUR OWN:

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Calm & Resilience

I release unnecessary pressure.

I move at my own pace and still make progress.

I am patient with my journey.

I can always simply reset and start again.

I am safe, supported, and guided.

I control what I can and let the rest go.

I trust that what's meant for me is on its way.

I am allowed to prioritise rest.

ADD YOUR OWN:

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Hard Mornings

I can start where I am.

I don't need everything to be perfect to make progress.

Every morning is a fresh start.

I forgive myself quickly and move forward.

I am allowed to do less today.

I showed up. That matters.

I speak to myself with kindness.

I give myself permission to go gently today.

ADD YOUR OWN:

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