



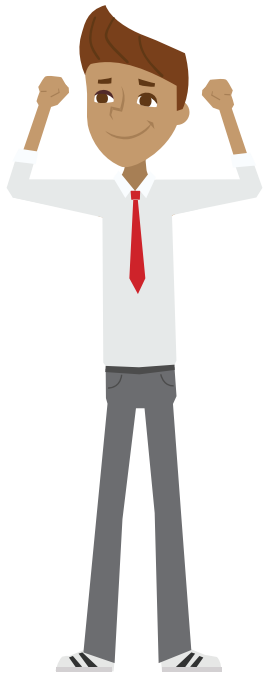
American Heart Association.

NewYork-
Presbyterian

15 POSITIVE AFFIRMATIONS

WITH WORLD-CLASS DOCTORS FROM
COLUMBIA Weill Cornell Medicine

Healthy thoughts help make healthy minds. Repeat one of these positive statements to yourself 10 times a day.



1

I believe in myself



2

Good things are coming to me



3

I deserve to be happy



4

I can get through anything

5

I am thankful for today

6

I've got this

7

I choose my own attitude

8

I am smart

9

I am strong

10

I'm allowed to make mistakes and try again



12

I feel calm and relaxed

11

I am becoming my best self



14

I am amazing just as I am

15

I will try my best today

13

I will have a great day today