



“Sound, whether spoken or sung, is one of the most powerful forces in the Universe. With it, you can heal, enlighten, excite, stimulate, awaken intuition, and manifest joy”.

Ted Andrews, Animal Speak

For an uplifting way to start your day, it is suggested you read these phrases aloud into your recorder. Playback your own voice every morning. Repeating each phrase as you hear it. Or just read these affirmations aloud.

Self-talk affirmations

Today is a very good day!

I notice the signs that tell me I’m on the right path.

I am fearless and brave.

I believe good things are coming to me today.

I accept myself just as I am.

My courage is stronger than my fear.

I forgive myself and set myself free.

I have the power to change my own story.

I choose to be kind to myself.

Today I will learn and grow.

I am worthy of love and attention.

I choose to be happy.

I am enough.