

October 2020

AFFIRMATIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2020 is the year of GRIT, GRATITUDE & GOAL-SETTING! One day of positive action towards improving your health is great, but real transformation comes from consistency and developing healthy habits. This month of OCTOBER 2020 is about affirming yourself. With everything going on in the world, we must take our healing and growth into our own hands. Everyday this month, recite positive affirmations throughout your day to add security and strength to your life. Get your family, friends, and co-workers involved and share on Facebook, Twitter & Instagram with the #sarahnsays.</p>				<p>1 GRIT I am purposed in my passion.</p>	<p>2 GRATITUDE I am honored to be my true self.</p>	<p>3 GOAL-SETTING I am powerful and productive.</p>
<p>4 GRIT I operate at the level of the solution.</p>	<p>5 GRATITUDE I have everything in me to be fulfilled.</p>	<p>6 GOAL-SETTING I am victorious.</p>	<p>7 GRIT I strive to be better than I was yesterday.</p>	<p>8 GRATITUDE I invite abundance into my life.</p>	<p>9 GOAL-SETTING I encourage myself to dream bigger.</p>	<p>10 GRIT I show up for my success to manifest.</p>
<p>11 GRATITUDE I nurture my energy with patience and love.</p>	<p>12 GOAL-SETTING I know when something is truly for me.</p>	<p>13 GRIT I don't just survive, I thrive!</p>	<p>14 GRATITUDE I am grateful for what I have learned along the way.</p>	<p>15 GOAL-SETTING I plan my work and work my plan.</p>	<p>16 GRIT I welcome healthy challenges into my life.</p>	<p>17 GRATITUDE I appreciate every obstacle.</p>
<p>18 GOAL-SETTING I am consistent with my efforts.</p>	<p>19 GRIT I am strong enough to see it through.</p>	<p>20 GRATITUDE I am one with my breath and my body.</p>	<p>21 GOAL-SETTING I am focused on my future.</p>	<p>22 GRIT I am courageous in the face of change.</p>	<p>23 GRATITUDE I forgive myself for what I did not know.</p>	<p>24 GOAL-SETTING I am in alignment with my desires.</p>
<p>25 GRIT I am strong enough to weather the storm.</p>	<p>26 GRATITUDE I invite all good things into my life.</p>	<p>27 GOAL-SETTING I am patient with my success.</p>	<p>28 GRIT I master the skills I need to succeed.</p>	<p>29 GRATITUDE I am highly favored.</p>	<p>30 GOAL-SETTING I am disciplined in my decision-making.</p>	<p>31 GRIT I am proud of my growth.</p>