

# DAILY AFFIRMATIONS FOR MENTAL HEALTH

1. I am happy and grateful for everything I have.
2. I am blessed with beautiful heart and mind.
3. I possess all the powers to heal myself.
4. I have faith in Lord and nothing is greater than him.
5. My dreams come from God and he will help me accomplish them.
6. I am more loving and forgiving each day.
7. I am proud of who I am becoming.