

# 20 HOLIDAY AFFIRMATIONS

**I allow myself to feel ease and peace**

**I recognize that I have control over my calendar and to do list**

**I have the energy and motivation to accomplish what I need to**

**I notice when I start to feel overwhelmed and I am proactive in taking quiet time for myself.**

**I am grateful**

**I am open to celebrating in new and different ways**

**I savor and enjoy the food I eat**

**I don't need more money to make meaningful memories**

**I give myself permission to turn down invitations without guilt because I know it's okay to unburden my schedule.**

**I am slowing down to enjoy time with those who matter most to me,**

**I cannot control the actions of others.**

**I make myself and my self care a priority.**

**I am enough**

**I prioritize the routines that keep me happy**

**I set and keep healthy boundaries for myself**

**I recognize when I need to recharge**

**I know that boundaries help me to have healthy relationships with the people I love.**

**I free myself from unrealistic expectations**

**I give my body the fuel it needs to have the energy for this season**

**I prioritize daily movement for my mind and body.**