



Affirmations for Happiness

- I am breathing out stress and breathing in Joy.
- I am aligned with only good things.
- I am healthy, wealthy and wise and more good things come my way.
- I honor my childlike wonder and allow childlike fun this week.
- Fun is: Fabulous, Unconditional Newness - I am excited by the new things in my life this fall season.
- Change is good. I honor change as I see the leaves change color.