



I move with purpose.

EVERYDAY AFFIRMATION



I will honor what my
body needs today.

EVERYDAY AFFIRMATION



I choose progress
over perfection.

EVERYDAY AFFIRMATION



I give myself permission
to move slowly and
intentionally.

EVERYDAY AFFIRMATION



I release comparison
and focus inward.

EVERYDAY AFFIRMATION



I build strength with
every breath.

EVERYDAY AFFIRMATION



I am stronger
than I know.

EVERYDAY AFFIRMATION