

Affirmation for Good Mornings

Print out this one page, repeat it over and over, daily and with emotion, so that your subconscious knows this is true for you!

I wake up each morning eager to face the day.

My morning is the best time of the day. The previous day is over and part of my history. I have the opportunity to create my future every time I wake up.

Regardless of how challenging the previous day may have been, I awake with high expectations for the day ahead of me. Each day is unique and new. Anything can happen, and I only expect the best.

The prospect of a new day delights me. It is a fresh attempt, a new beginning, with the likelihood of new possibilities just ahead. I feel excited when I view each day in this manner.

Each new day brings new ways to experience happiness. I am able to move on from the previous day in order to create space for the new day.

I may sometimes go to bed feeling discouraged, but everything changes in the morning. My mood is lifted like the rising sun each morning.

The morning is a magical time. The peace, quiet, and freshness of a new morning feel like a new beginning in my life. My worries and troubles are lost in my sleep. The previous day is forgotten.

Today, I am choosing to enjoy the morning. I fully appreciate the opportunity that a new day provides. I am eager to make the most of this wonderful day.