



DAILY
INTENTIONS
&
AFFIRMATIONS

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MODERN HOLISTIC WELLNESS



DAILY INTENTION PHRASES

A daily intention is a conscious decision where to focus your energy that day, week, month or year. A combination of both gratitude and action, an intention helps you focus on one specific area you want to accomplish.

To gain strength and improve myself
To bring light into other people's day
To show up for myself
To allow myself grace
To encourage and inspire
To create more peace in my day
To discover who I am and what I enjoy
To explore something I've never seen before
To lead with empathy and love
To surrender and let the Universe handle it
To dance like nobody is watching
To live authentically and unapologetically
To be selective with my time
To be the person my friends can rely on
To find beauty in everything



DAILY AFFIRMATION PHRASES

Daily affirmations are simple, positive statements declaring specific goals in their completed states. These empowering mantras have profound effects on the conscious and unconscious mind as affirmation help purify our thoughts and restructure the dynamic of our brains so that we truly begin to think nothing is impossible.

I am creating a life of abundance

I am brimming with energy

I forgive those who have harmed me in my past

My career is growing, expanding, and thriving

Creative energy surges through me

My potential to succeed is infinite

I am courageous and I stand up for myself

I abandon old habits that do not serve me

I am admired

My efforts are being supported

My dreams are manifesting into reality

I radiate beauty, charm, and grace

I am conquering my illness

I wake up today with strength in my heart

I am at peace with all that has happened, is

happening, and will happen

