

**FREE  
PRINTABLE  
PDF!**

HARROW  
**St. George's**  
SHOP. DINE. EXPERIENCE. ENJOY.

# The Heart Of Harrow

## POSITIVE SELF AFFIRMATIONS

Mindfulness and positive affirmations can help in creating a healthy mind. Studies show repeating positive self-affirmations produces physical changes in our brains for the better, and mindfulness helps with self-awareness and enhancing emotional regulation, reducing stress and improving overall well-being.

Why not give them a go?



[www.stgeorgesshopping.co.uk](http://www.stgeorgesshopping.co.uk)

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## POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.



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## Mindfulness 5-4-3-2-1

Think about:

- 5** things you can see
- 4** things you can touch
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste

## Gratitude Break

Take a moment to think about what you are grateful for in life:

- People you are grateful for
- Places you are grateful for
- Things you are grateful for

## Deep Breaths

Lie down and place your hand on your belly. Close your eyes and take 10 deep breaths. Notice your hand moving up and down as you breathe. Do you feel relaxed?

## Calming Music

Search for calming music on Youtube. For example, it could be ocean waves. When you've found one you like, get into a comfy position, close your eyes, clear your mind, listen to the sounds and relax.