



Helpful Holiday Affirmations

1. I choose to experience December as a fun month for me
2. Holiday get-togethers are a joy because I choose to see the best in others
3. I am comfortable and gracious in social situations
4. I listen to my body and get the rest and nutrition I need
5. I make time for exercise even during this busy season
6. I give myself permission to leave out unimportant tasks, to focus on meaningful connections
7. I give myself permission to DO less and BE more mindful
8. Every time I hear Christmas music it raises my vibration and brings a smile to my face
9. I am grateful for the opportunity to give my time and service to others
10. I release my expectations of others
11. Today I notice and give thanks for all the real-life angels in my life
12. I trust my intuition to help me give the best gifts to others
13. I carry the light of the season with me everywhere I go
14. Even in long lines I choose to be peaceful
15. My mind is hopeful, my heart is joyful, my body is energized
16. I take in the sights, sounds, smells of Christmas and share the joy with others
17. This year I take time to enjoy the season: with ease and grace I slow my pace
18. I am worthy and deserving to receive unconditional love, I allow myself to feel it now
19. I have a healthy connection with the Christmas season
20. Today I practice good will toward men



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