

The Word

Thoughts held in mind produce after their kind. How do you feel when you say or sing these affirmations to yourself?

I am strong. I am powerful. I am resilient. I am resourceful.

I am discerning. I am kind. I am compassionate. I am connected.

I am whole. I am healthy. I am well. I am beloved.

All this and more! All this and more! All this and more good, each and every moment, I am.



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- If these affirmations don't resonate with you, what affirmations do?
- How does it feel to affirm these for someone you love (you are strong, you are powerful, etc.)?
- Or for a group you belong to (we are strong, we are powerful, etc.)?

The Word

November is a great time to use the power of the Word to practice releasing, and to affirm our good!

For example, I now release all that no longer serves me.

I am grateful for all my blessings, including:

- Health of body, mind and spirit
- Veterans and their service
- Food on my table
- Friends and family in my life and heart

When you release all that no longer serves you, what do you like to affirm in its place?

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I thank my God for every remembrance of you. – Philippians 1:3 (NRSVUE)