

# Brain Food AFFIRMATION CARDS

Boost your mood and live like your future self with a little motivation. Print out this sheet and cut out each card. Stick them to your mirror, your car dashboard, or work desk to keep you in-tune with your goals.



**I have the  
ability to  
SUCCEED.**

**What you think,  
YOU BECOME.  
What you feel,  
YOU ATTRACT.  
What you imagine,  
YOU CREATE.**

—  
-Buddha—



**TODAY  
I will learn and  
grow into my  
future self.**



**I LOVE MYSELF  
enough to push  
through my  
challenges.**



**I AM WORTHY  
of the best  
things in life.**



**POSITIVE  
ATTITUDES  
— create —  
POSITIVE  
OUTCOMES.**