

Positive Action Affirmations To Use When Feeling Stuck

Today I am choosing to make changes in my life.

Today I will start something new.

Today I will continue to work on something that I started.

Today I will tell myself how much of a good job I'm doing.

Today is the best day to work on my goal.

Today is the day I that choose to feel good about the goal I started.

Today I might not feel like working on my goal but I will do it anyways.

Today I will share my progress with someone who supports me.

Today I will not allow self-doubt to stop me.

Today I will recognize how far I've come.

Today I will recommit myself to completing my goal.

Today I will make revisions where revisions are needed.

Today I will end the day preparing for the work I will do tomorrow.

Today I will start the day expressing gratitude to myself for all of the hard work I have completed to this point.

Today I will reflect on why I created this goal in the first place.

Today I will spend less time on social media and use that time towards my goal.

Today I will ask for suggestions or feedback from a trusted and supportive person.

Today I will create a list of my motivation for completing my goal that I can look back on when I feel unmotivated.

Today I will take time to think of the joy that I have experienced working on this goal.

Today I will allow myself to feel frustrated if my goal is taking to long to complete or isn't coming together like I want it to

Today I will not compare my progress to other people's progress.

