

DAILY PRACTICE

99 Days of Grace

A Journey of Self-Awareness & Healing

” Asking for help is a sign of self-respect
and self-awareness.

“ Changing my mind is a strength, not a weakness.



CONVICTION

Every decision I make is supported by my whole and inarguable experience.



I affirm and encourage others, as I do
myself.



INNER TRUTH

I alone hold the truth of who I am.

I am allowed to ask for what I want
and what I need.

I am allowed to feel good.

I am capable of balancing ease and effort in my life.

I am complete as I am, others simply
support me.



I am content and free from pain.

I am doing the work that works for
me.

I am good and getting
better.

I am growing and I am going at my
own pace.

I am held and supported by those who
love me.



I am in charge of how I feel and I
choose to feel happy.


I am listening and open to the
messages the universe has to offer
today.

I am loved and worthy.



I am more than my circumstances
dictate.

I am open to healing.

A serene landscape with a sun low on the horizon over a body of water, with trees in the background. The sun is positioned in the upper center, casting a bright glow and creating a shimmering reflection on the water's surface. The water is dark blue with gentle ripples. The background shows a line of trees under a soft, hazy sky.

I am optimistic because today is a new
day.

I am peaceful and whole.

I am proof enough of who I am and
what I deserve.

I am responsible for myself, and I start
there.

I am safe and surrounded by love and support.

I am still learning so it's okay to make mistakes.

I am understood and my perspective is
important.

I am valued and helpful.

I am well-rested and excited for the
day.

I am worthy of investing in myself.

I belong here, and I deserve to take up
space.

I breathe in healing, I exhale the
painful things that burden my heart.

I breathe in trust, I exhale doubt.

I can be soft in my heart and firm in
my boundaries.

I can control how I respond to things
that are confronting.

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I can hold two opposing feelings at once, it means I am processing.

I celebrate the good qualities in others
and myself.

I deserve an affirming touch on my
own terms.

I deserve information and I deserve
moments of silence, too.

I deserve self-respect and a clean
space.

I do all things in love.

I do not have to linger in dark places;
there is help for me here.

I do not pretend to be anyone or
anything other than who I am.

I do not rise and fall for another.

I do not rush through my life, I temper
speed with stillness.

I embrace change seamlessly and rise
to the new opportunity it presents.

I embrace the questions in my heart
and welcome the answers in their own
time.

I grow towards my interests, like a
plant reaching for the sun.

I have come farther than I would have ever thought possible, and I'm learning along the way.

I have everything I need to succeed.

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I hold community for others, and am
held in community by others.

I hold wisdom beyond knowledge.

I invite abundance and a generous
heart.

I invite art and music into my life.

I leave room in my life for spontaneity.

I let go of the things that sit achingly
out of reach.

I look forward to tomorrow and the
opportunities that await me.

I love that I love what I love.

I make decisions based on a good gut,
I make changes based on a growing
heart.

I make time to experience grief and
sadness when necessary.

I nourish myself with kind words and
joyful foods.

I practice gratitude for all that I have,
and all that is yet to come.

I release the fears that do not serve
me.

I respect the cycle of the seasons.

I seek out mystery in the ordinary.

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I strive for joy, not for perfection.

I tell the truth about who I am and
what I need from others.

I uplift my joy and the joy of others.

I welcome the wisdom that comes with
growing older.

I welcome what is, I welcome what
comes.

I will allow myself to evolve.

Letting go creates space for
opportunities to come.

My body is beautiful in this moment
and at its current size.

My body is worthy of being cared for
and adorned in beautiful garments.

My feelings deserve names, deserve
recognition, deserve to be felt.

My heart is open to helpfulness from
myself and from others.

My heart knows its own way.

My life is not a race or competition.

My perspective is unique and
important.

My pleasure does not require someone
else's pain.

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My sensitivity is beautiful, and my
feelings and emotions are valid.

My weirdness is wonderful.

Saying “no” is an act of self-
affirmation, too.

Sometimes the work is resting.

There is growth in stillness.

There is peace in changing your mind
when it is done in love.

There is poetry in everything, if I look
for it.

There is room for me at the table.

There is something in this world that only I can do.
That is why I am here.

There is strength in quiet, there is
vulnerability in being loud.


Today I celebrate that I am younger
than I'm ever going to be.

Today is an opportunity to grow and
learn.

When I feel fear, I feed trust.

When I focus on my reason for being, I
am infinitely brave.

When I forgive myself, I free myself.

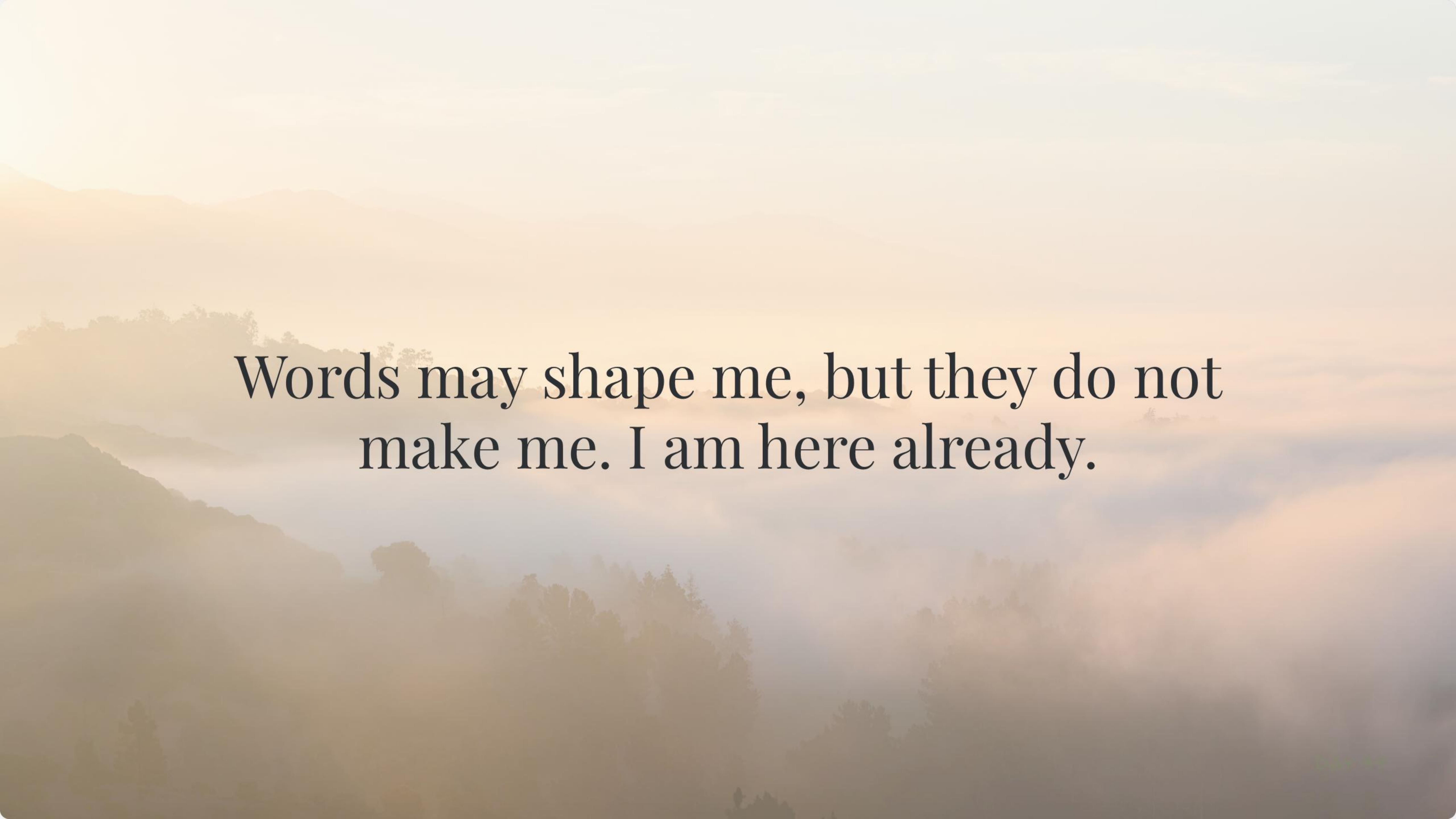
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When I release shame, I move into
myself more beautifully.

When I root into the earth, the earth
rises to support me.

When I speak my needs, I receive
them abundantly.

When I talk to myself as I would a friend, I see all my best qualities and I allow myself to shine.



Words may shape me, but they do not
make me. I am here already.

IMAGE SOURCES



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IMAGE SOURCES



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