



Piedmont Music Therapy, LLC

April 7, 2020 Facebook LIVE

Positivity By The Stream: Affirmations

Led by Kate, Music Therapy Intern

1. *With every breath, I release the anxiety within me and I become more calm.*
2. *I have replaced feelings of overwhelm with faith that everything will work out.*
3. *I have released all irrational feelings of fear.*
4. *I am bigger than any negative thing that could possibly happen to me.*
5. *I will keep all situations and circumstances in proper perspective.*
6. *I have replaced feeling like a victim with total accountability for my actions.*
7. *I embrace all that's good and positive around me.*
8. *I have come so far and will continue to move forward.*
9. *Joy, joy, joy is now filling my life.*
10. *I am free in mind and body of obsessions and compulsions.*
11. *I forgive myself for ever inflating the severity of my problems.*
12. *I am divinely protected.*
13. *I am in charge of my breathing. I can slow it down.*



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14. *I will not let my anxious thoughts have power over me.*

15. *My business will survive this.*

16. *I have the ability to handle any challenge I face with strength and courage.*

17. *I am receptive to the peace of a grateful heart.*

18. *Though things around me may be uncertain, I am certain I will succeed.*

19. *I am in charge of how I feel today. Today I am choosing happiness.*

20. *Each day I am grateful for how loved I am and the many people that care about me.*

21. *I can get through anything life may unfold for me.*

22. *This is only temporary. The best is yet to come.*

23. *I choose to be grateful no matter my circumstances.*

24. *I am calm and centered. I am in control of my emotions.*

25. *Inner joy radiates through my entire being.*

26. *No matter what happens today, I will find joy and positivity in it.*



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27. I can think clearly and solve problems. I am focused and disciplined.

28. I am grateful for past opportunities and the new ones that will be presented to me.

29. I am creative enough, brave enough and capable enough to pivot. I will do everything I can to rise, persevere and overcome.

30. I am not afraid to ask for help.