

# POSITIVE SELF-TALK + AFFIRMATION

USE THIS LIST OF ADJECTIVES TO CREATE YOUR OWN MORNING MANTRA OR USE YOUR OWN POSITIVE ADJECTIVES TO DESCRIBE THE AUTHENTIC YOU!

adventurous  
affectionate  
amazing  
ambitious  
artistic  
assertive  
awesome  
balanced  
beautiful  
boisterous  
brave  
bright  
brilliant  
cheerful  
chic  
confident  
courageous  
dependent  
delightful  
devoted  
diligent  
eager  
earnest  
easy-going  
efficient

energetic  
enthusiastic  
excellent  
fabulous  
ferocious  
fiery  
friendly  
funny  
generous  
gentle  
great  
impressive  
incredible  
independent  
industrious  
inspiring  
intelligent  
interesting  
inventive  
kind  
lively  
logical  
lovable  
love-lorn  
lovely

motivated  
outgoing  
outspoken  
passionate  
pleasant  
polite  
popular  
positive  
powerful  
practical  
pretty  
proficient  
proud  
provocative  
resourceful  
respected  
respectful  
responsible  
self-assured  
sharp  
sincere  
smart  
snazzy  
sophisticated  
soulful

spirited  
spectacular  
tactful  
talented  
thoughtful  
versatile  
vigilant  
warmhearted  
wary  
watchful  
weak  
willing  
wonderful  
zealous