

A faint, light blue silhouette of a Disney castle is centered in the background. A trail of small, dark blue stars and dots curves around the castle, starting from the top left and ending at the bottom right. A silhouette of a fairy with large wings is flying in the upper right quadrant. The background is a textured, light blue gradient with scattered white and dark blue stars and dots.

Disney

AFFIRMATIONS

positive mantras

• TO BRING •

Disney magic

TO EVERY DAY

Disney

AFFIRMATIONS



positive mantras

• TO BRING •

Disney magic

TO EVERY DAY

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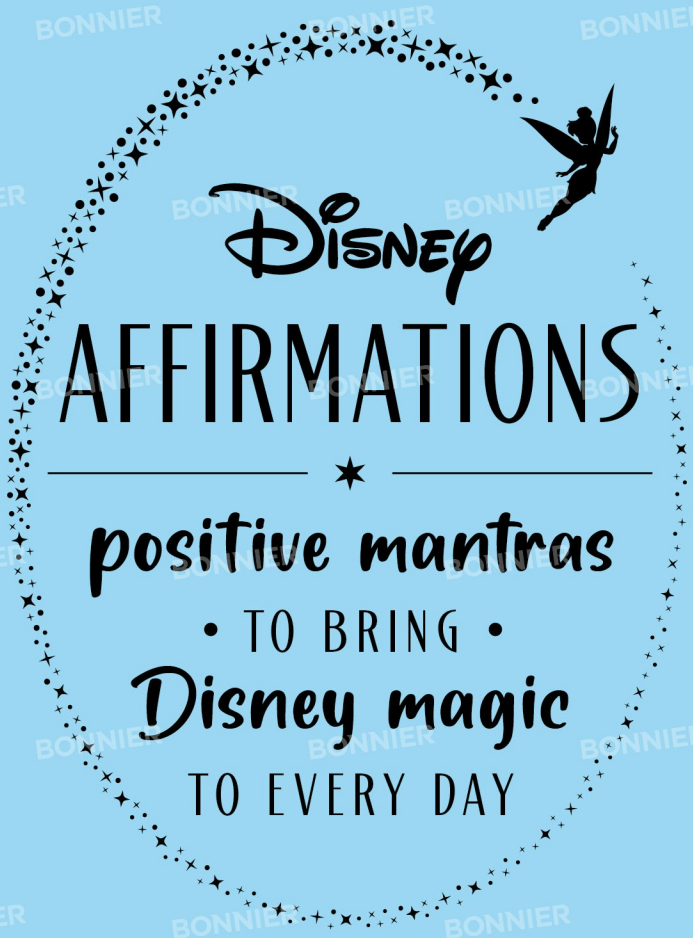
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I believe
in myself.



Discover your
"inner why". Find what
inspires and excites you,
and proudly follow your
own unique path.



I let go of fear and
embrace adventure.



The future is like the sea:
restless, wonderful,
mysterious. Hold on to what
you truly believe, and you
will overcome every fear and
enjoy the greatest adventure
of all: your life.



There is no limit to
my potential.



Aim high to reach your true
potential. To be human is to
dream, desire and imagine.
Reach out for the impossible,
and you will grasp it.



I hold those I
love in my heart,
and they give me
strength.



Not every life is filled with
extraordinary innovations
or heroic deeds to remember.
But the care and generosity
you share with those around
you will never fade. We are
immortal in the love
of others.



I trust my heart.



Our identity is also defined by the looks, words and attentions of those around us. The relationships and experiences we encounter in life contribute to shape who we are and who we will become.

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Today's ambition is
tomorrow's success.



Live in the here and now.
Focusing on the present
empowers us to make sense
of the past and build a
future in which we can
find ourselves.



I trust those
I am closest to.



Be open to the distinct
qualities of those around
you. While their ideas may
not always seem like the
obvious answer, looking at
things from another angle
often leads to the solution.



I accept the things
that I cannot
control.



Many things in life are
beyond our control. Let
go a little and have faith
that things will work out.
Attempting to constantly
direct events can lead
to frustration.



I am open
to different
opportunities.



Unconventional people can
lead you to experiences you
had never imagined. Explore
their unusual perspectives,
and you will open your eyes
to a brand new world.



I trust
in the goodness
of others.

★

Love is stronger than
gravity. This mighty force
can strengthen and weaken
us, make us smile or cry,
and attract us to each other.
But with such power comes
responsibility. Treat those
you love with care
and wisdom.



I think happy thoughts.



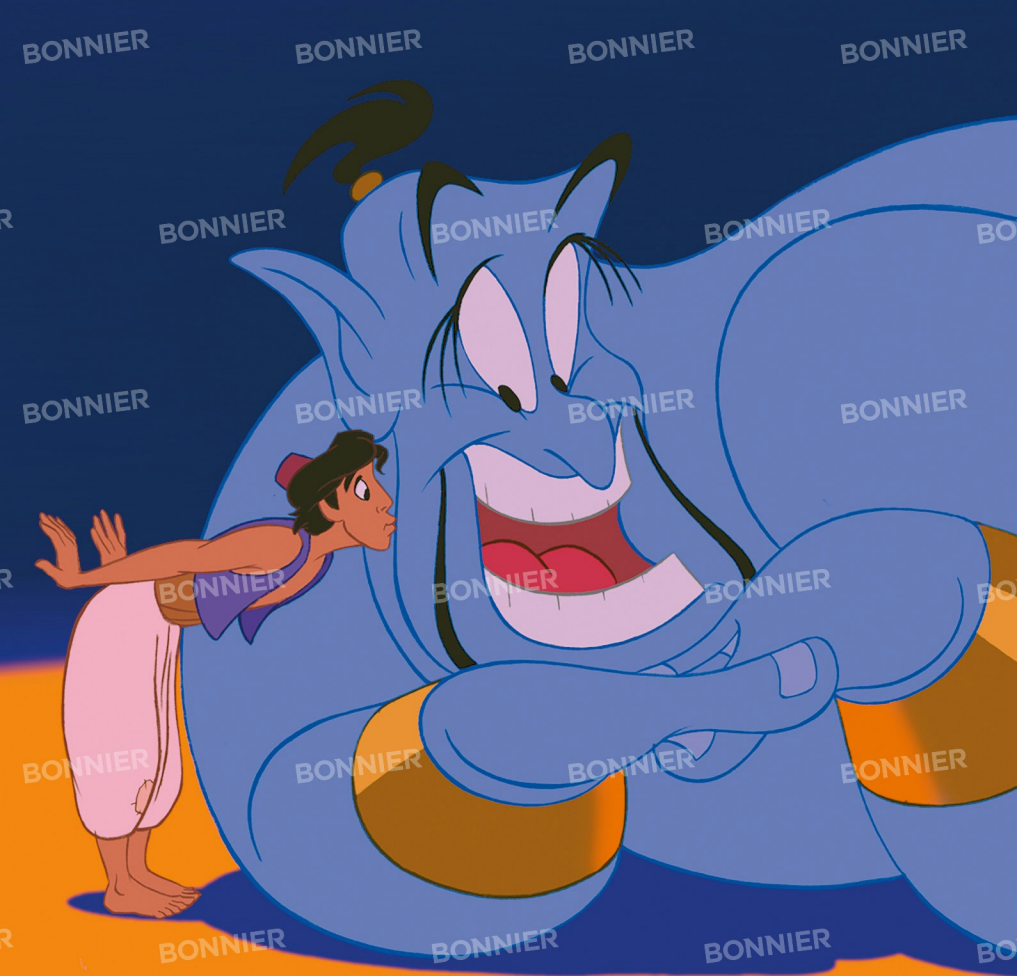
Negative thoughts weigh heavy on our hearts and minds, and anchor us to the ground. Free your positive side. Say "I can!" and fly... Second star to the right and straight on till morning.



Each new
day is a chance to
begin again.



When you're angry, sad or
afraid, don't be too hasty
in your words and actions.
Give yourself some time, and
breathe deeply. After a good
night's sleep, you might find
that things aren't as bad
as they seemed.



I am curious.



Even if you're on a magic carpet, hearing only yourself talk can get pretty dull. Be curious about other people. Give them space to express themselves. Listen. Others will like you more, and you might learn something new.



I believe in doing
good and I am true
to myself.



Reality is often more
complex than it appears.
No one is perfect. But if you
identify your true values
and use them as a compass,
it will be easier to find your
way through the forest.



My past has
prepared me for
my future.



Appreciate those who
accompany you on your
journey, and try to be ready
to say goodbye and move on.
The memories of the past
should not hold you back
from flying.



I am open to feeling
all my emotions.



Embrace life's balance
of beauty and ugliness,
happiness and pain.
Without sadness, there
would be no joy. Every
experience is a part
of who we are.



My relationships
are important
to me.



The delicate fabric of human
relationships is woven over
time. If pride creates a tear,
take a needle and humbly
work to mend the rift.



I welcome the
experience of
failure.



Sometimes we have to face
our own limits. Failure can
be painful, but it can help
us to grow. Take a new path.
Pursue a new dream.



I am not afraid to
laugh loudly.



In relationships, we both
generate and absorb energy.
Our words and actions can
have a positive or negative
impact. So remember:
laughter generates better
energy than fear.



I am safe and
surrounded
by people who
understand me.



*Empathy fosters respect,
trust and connection.
A community built on
empathy is a place where
everyone is free to be
their true self.*



I am not afraid to
be myself.



Nobody's perfect. Accept
and take pride in who you
are. Whatever storms come
your way, believe in yourself
and trust that you will find
your unique path in life.



I trust myself.



Whether your inner voice
is crashing your party
or feeding your wild
side, listen to it carefully.
Your conscience is a vital
navigational tool to
help you find balance
between responsibility
and recklessness.



I work hard and
deserve success.



Beyond the sun, sky and
sea, little comes for free
in this life. Tired muscles
and the gratification of
a challenge completed
are the surest route to
satisfaction and success.



I am adventurous.



Fear of disappointment can
paralyse you. Standing still
is safe, but it won't get you
anywhere. Live life to the
fullest. Step into
the unknown.



I am resilient.



Sometimes our resilience is tested by droughts, storms or darkness. However, these difficult times may teach us valuable lessons about ourselves and others. With every challenge overcome, you will grow stronger and bloom more beautifully.



I am a supportive friend.



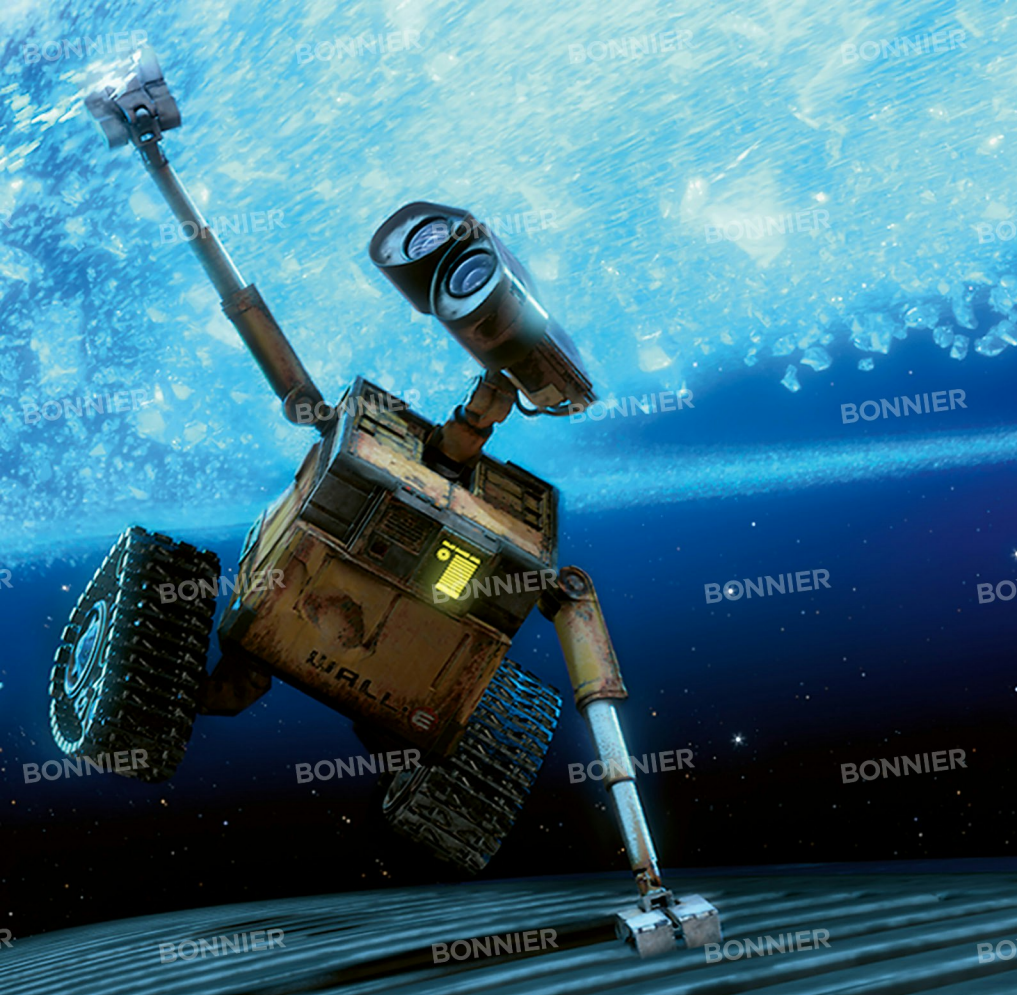
Our first reactions often reflect our own limited points of view, rather than what is best in that situation. Sometimes it is better to stand back, listen and simply support our loved ones in accomplishing their own dreams.



What is meant for
me will find me.



To love is not to own,
It means choosing freely to
share a path. Letting go of
the other's hand may be a
risk, but only by doing so
can you be sure that you
truly belong together.



I am not afraid to
express myself.



If you can't say the words,
find another way. Turn on
a piece of music, dance and
express what your heart
truly feels.



I choose my
own path.



Rejecting the conventional
route is sometimes the only
way to make progress.
When you feel stuck, try
turning strongly left in
order to go right.



I am flexible and
open to change.



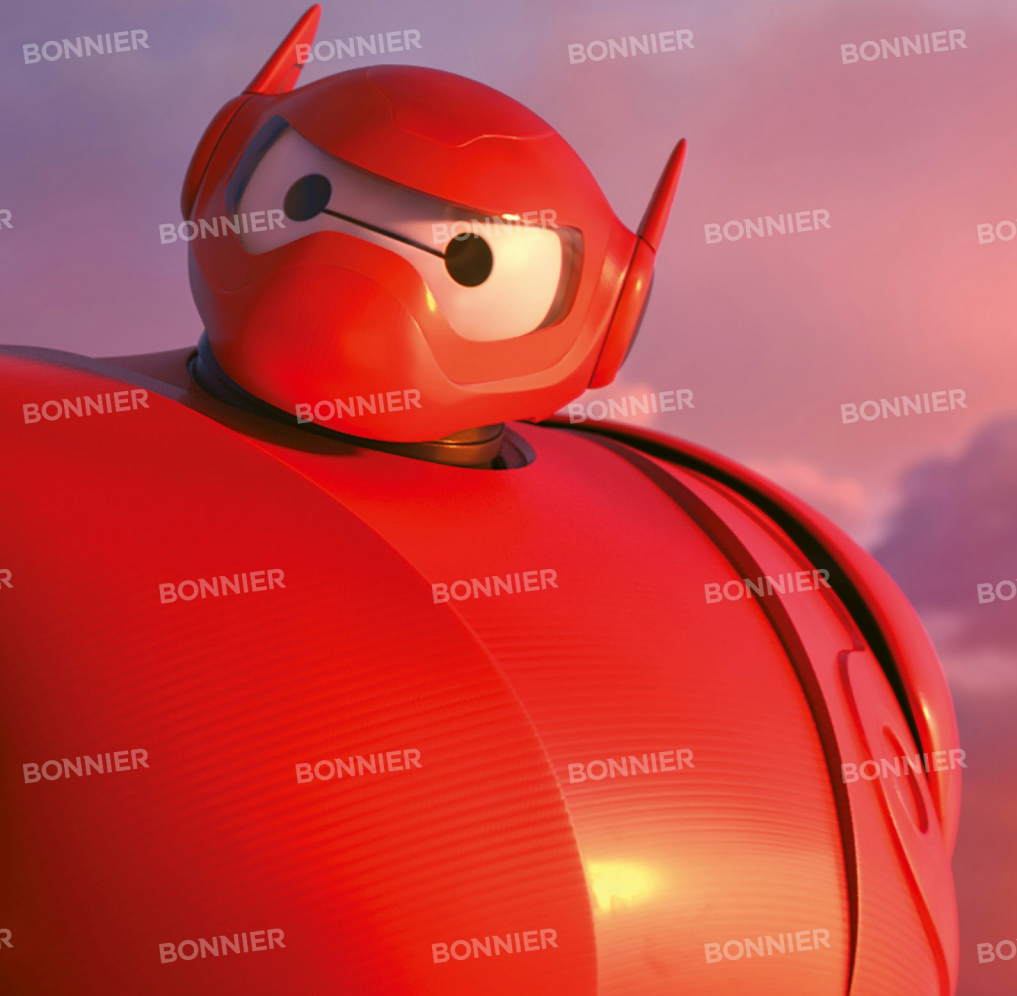
However much we try to
resist, things in life will keep
changing. Embrace the new
opportunities, adapt and
remember: if you want to
change the world, you also
have to change with
the world.



I can do hard
things.



Overcoming our fears is
the first step toward fully
realising our potential. Only
by welcoming the darkness
can we finally play among
the stars... and fireflies.



Asking for help is a
sign of strength.



Don't be afraid to look
vulnerable. Learn to ask
for help, and to accept it
from others. The ability to
connect to others emotionally
is a superpower.



I share my life with
others.



We all need attention:
celebration for our
successes, support for our
failures, and encouragement
to overcome our fears.
Recognise the value of
others, and they will
recognise yours.



I take the steps
I need to achieve
my goals.



New problems can't be
solved using old solutions.
Remember your true goal,
and then ask yourself:
which new road can I
take to achieve it?



I strive for balance
in my life.



*A successful community
depends on a balance
between private instinct
and collective interest.
Understanding and
respecting this balance
is the key to everybody's
well-being.*



I am one of a kind.



Draw inspiration from the
great masters, but find your
distinctive way to leave a
mark. Greatness is often
remembered for
its originality.



I am imperfectly
perfect.



Being ashamed of our
imperfections can keep us in
chains. Break these chains
and learn to embrace your
flaws. Remember: a big pair
of ears may be awkward on
the ground, but they can
turn into phenomenal wings!



I have magic
inside me.



It often takes patience and
perseverance for the real
magic in life to happen.
Doing something well
requires giving it the time
and attention it deserves.
Only then will you be able to
enjoy its wonderful rewards.



I am powerful.



There is hidden promise
inside us all, just waiting
for the right conditions
to sprout. Given sufficient
encouragement, this small
and secret power within can
grow into something no one
could have imagined.



I will make
today count.



Memories warm the heart
and are proof of a life lived
fully. So go on, hunt for
new experiences. What have
you done today that you will
remember forever?



I am excited for
my future.



The best things happen
unexpectedly. Letting life
surprise you is the secret to
a happy existence.



I will find the place
I am meant to be.



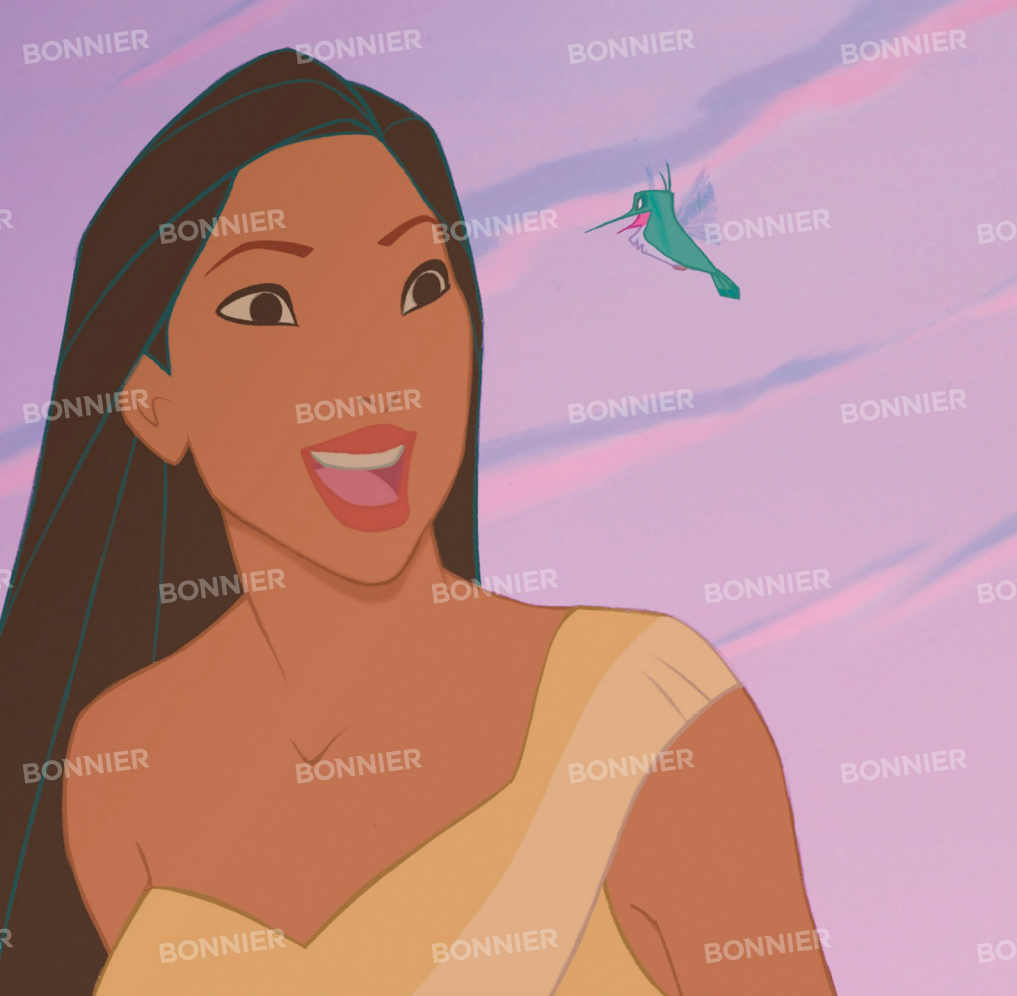
Find your place in the
world. It may be in an
isolated village or a bustling
city, designing aeroplanes
or teaching children or
managing a business,
surrounded by just the right
people. Once you find your
place, don't let anyone
sway you from it.



I choose who
to trust.



Leaving what you have loved
in someone else's hands can
be tough. Sharing requires
trust, care, attention and
humanity. Be big-hearted
and find a worthy caretaker
for your legacy in the world.



I welcome the
wisdom which
others have to
share.



Let curiosity be your teacher.
Discover new sides to
yourself by studying and
listening to those who are
different. Outside of your
comfort zone is where the
magic happens.



I am cheerful
and optimistic.



It takes optimism to see that
everything's going to be all
right. But you can take the
first step: a sunny heart
and a smile will brighten
even the cloudiest of days.



I appreciate the
beauty found in the
little things.



Take notice of the beauty
that surrounds you each
day. Live your life as a
journey of discovery, and
the world will forever remain
your personal playground.



I am focused
and determined.



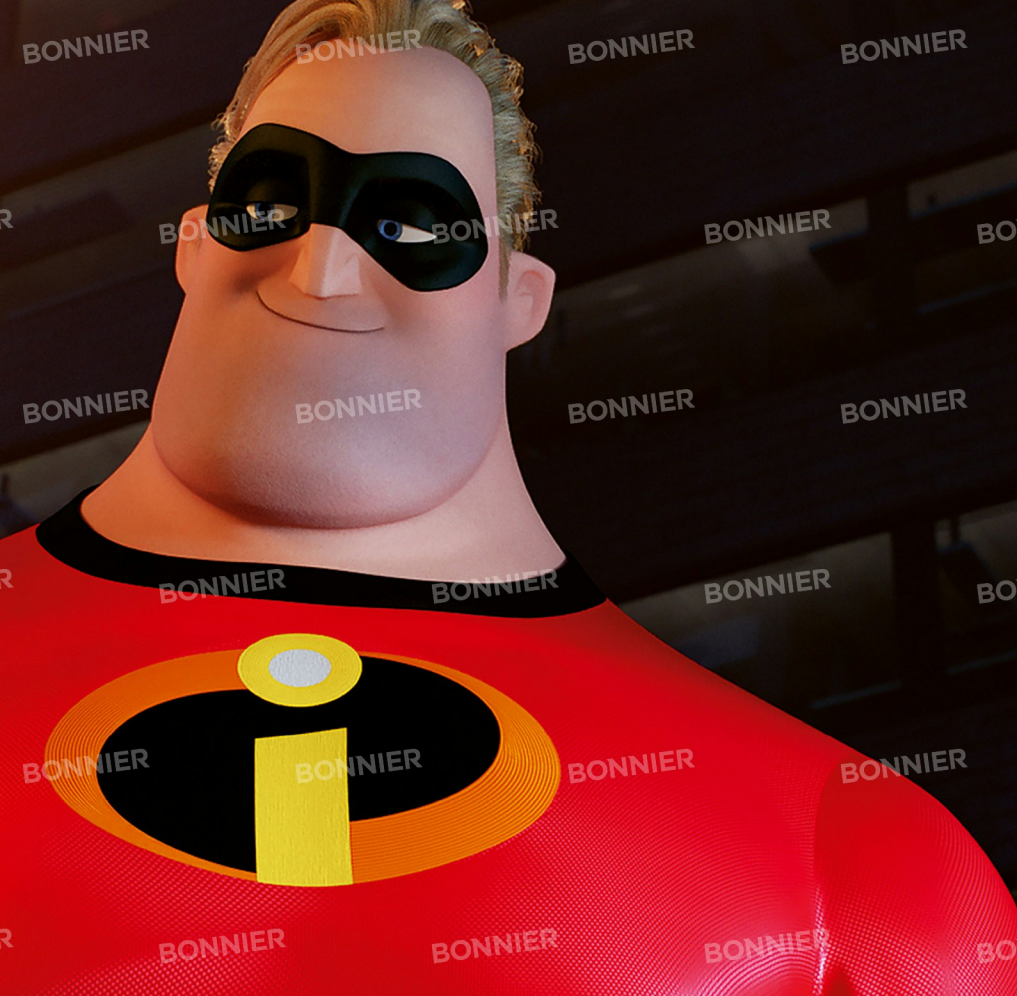
Pursuing a dream with
passion, commitment and
dedication will bring about
the magic you need to
achieve it. Find the courage
to follow your own path,
and no one will be able to
take it from you.



I am ready for
any challenge.



There is nothing scarier
than a boring life. Do not
stop dreaming, and always
expect more from yourself
and those around you.



My actions
serve not only me
but those I am
closest to.



We all have a great
responsibility toward those
around us. Turn your "me"
into a "we", and you will
be able to achieve truly
incredible feats!



My beliefs matter.



**Your integrity can falter in
challenging situations. Stay
true to your values. Your
beliefs will be your guiding
star when you sail over
rough seas.**



I trust myself to do
the right thing.



When faced with
uncertainty, look at what
the next step is. You might
not have the right answer,
right away, but trust your
instinct and it will guide
you to a solution.



I am equal. Not
lesser. Not better.



Embrace the differences
offered by other cultures
and communities. Living in
peace, harmony and unity
can lead to a shared success.



I am a miracle.



You are important to
yourself and to those who
you are closest to. Shine and
help others shine too. Your
existence is miraculous.



I am made of
stardust.



The elements in your
body were formed inside
the stars billions of years
ago. You belong in this
universe and you are filled
with magical stardust.

