

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

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*positive mantras*

• TO BRING •

*Disney magic*

TO EVERY DAY



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.*



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 am excited for  
my future.



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



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.