

The background is a soft, watercolor-style gradient of light blue and white, suggesting a sky or a magical atmosphere. A large, faint silhouette of a Disney castle is centered in the background. A decorative border of small, dark stars and dots curves around the top and sides of the text. In the upper right corner, there is a silhouette of a fairy with wings, flying towards the left. The word "Disney" is written in its signature script font, and "AFFIRMATIONS" is in a large, bold, serif font. Below "AFFIRMATIONS" is a horizontal line with a small star in the center. The text "positive mantras" is in a lowercase, cursive font. Below that, "TO BRING" is in a simple, uppercase sans-serif font, flanked by two dots. "Disney magic" is in a large, bold, serif font, and "TO EVERY DAY" is in a simple, uppercase sans-serif font at the bottom.

Disney

# AFFIRMATIONS

positive mantras

• TO BRING •

Disney magic

TO EVERY DAY

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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.*





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.



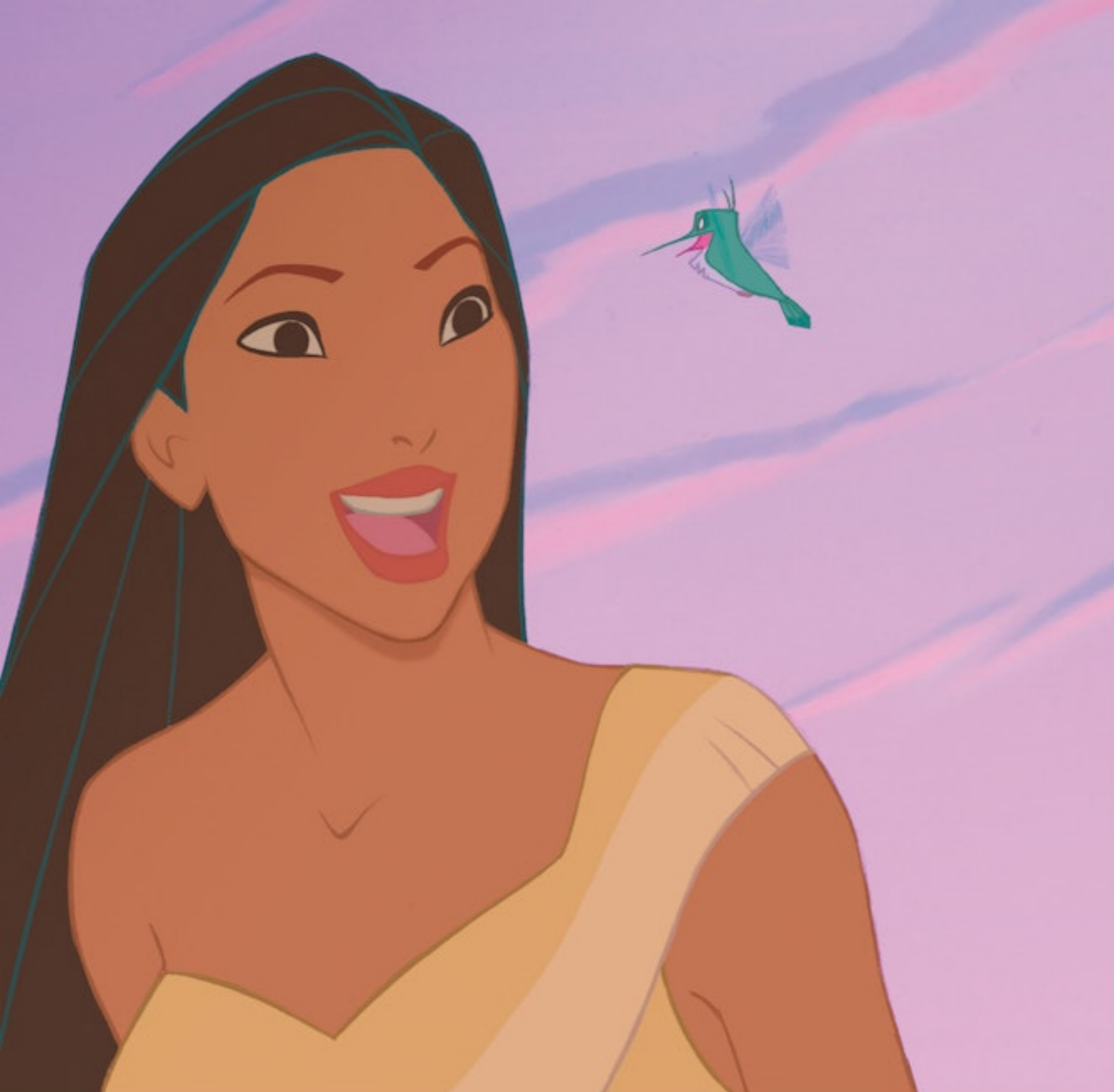
Find your place in the  
world. It may be in an  
isolated village or a bustling  
city, designing aeroplanes  
or teaching children or  
managing a business,  
surrounded by just the right  
people. Once you find your  
place, don't let anyone  
sway you from it.



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.

