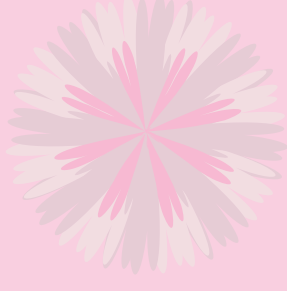


Today's

Thought

Vitamin[©]

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Today's Thought Vitamin©

*I'll be as gentle with
myself as I
am with others.*

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Today's Thought Vitamin©

*Today is not the end
of my story.*

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Today's Thought Vitamin©

*I will share from
strength.*

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Today's Thought Vitamin©

*It's ok to make choices
that please me.*

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Practice positive words.

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Dream bigger.

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● Today's Thought Vitamin© ●



What brings me joy?

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Different isn't bad.

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● Today's Thought Vitamin© ●

*I will notice small
blessings.*

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● Today's Thought Vitamin© ●

I have done well.

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● Today's Thought Vitamin© ●

*Order after starts
with chaos.*

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● Today's Thought Vitamin© ●

*There is more than
just what I see.*

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● Today's Thought Vitamin© ●

*I can take a deep breath
whenever I need peace.*

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● Today's Thought Vitamin© ●

*I will choose my
battles wisely.*

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I am just right.

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*What is
burdening me?*

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*I have much to
offer others.*

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● Today's Thought Vitamin© ●

*I am loved
very much.*

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● Today's Thought Vitamin© ●

*I have a legacy
to share.*

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*What gift have
I neglected?*

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What's the rush?

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*I can be thankful
for one thing.*

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● Today's Thought Vitamin© ●



*I am worth
investing in.*

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● Today's Thought Vitamin© ●



*I will give up
one worry.*

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● Today's Thought Vitamin© ●

*When all else fails,
I can laugh.*

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● Today's Thought Vitamin© ●

*What thought is
limiting me?*

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● Today's Thought Vitamin© ●

*Others need what
only I can give.*

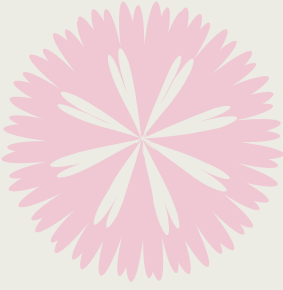
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*I am just beginning
to discover.*

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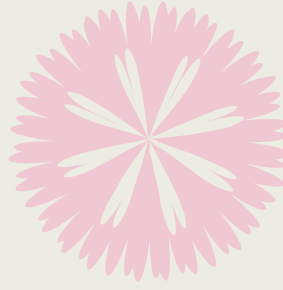
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*What I have learned
will not go to waste.*

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● Today's Thought Vitamin© ●



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*I can be content
in this moment.*

● www.skiptomylife.com ●

Thought Vitamins[©] Printable

30 Days to reset your thoughts

Instructions

1. Print all 8 sheets on cardstock. A foldable cover for your Thought Vitamins[©] is included.
2. Feel free to use these affirmations however you choose, however they are sized to be cut into 2.5 x 4 inch rectangles.
3. An inexpensive carrying case for your thought Vitamins is the *Wrigley's Extra* 35 stick chewing gum pack. You can find this gum at most chain discount stores.
4. *Please share this idea with your friends by directing them back to my blog. This material is original to me and cannot be copied or distributed without violating copyright law.*
5. I hope you enjoy taking a daily Thought Vitamin[©] to strengthen your spirit! Make sure to email me or post a comment on my blog:

email: Shannon@skiptomylife.com

blog: www.skiptomylife.com

Skip to My Life

Home, Health, and Style Over 40