

90 Day Positive Affirmation Challenge

Helping Make Chorley Women's Accessible!

Join in the fight to get Chorley Women's Centre accessible. This project will make our centre accessible while retaining its homely feel. We are going to add an accessible entrance, accessible bathroom, accessible therapy room and access to our garden space. It will also create an additional upstairs therapy room to increase capacity. Our aim is to make our centre more inclusive, more welcoming and help us meet the needs of our community.



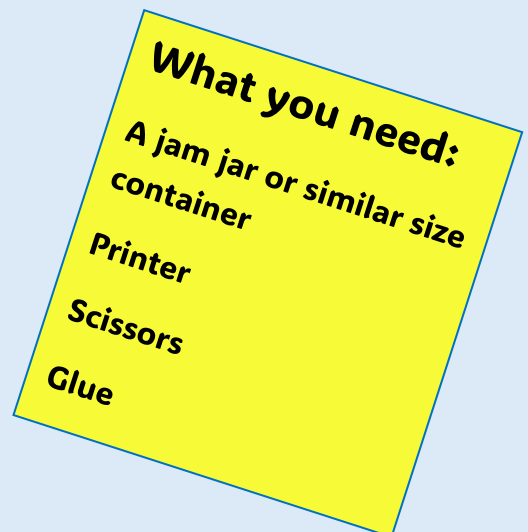
<https://www.spacehive.com/accessiblecwc>

Did you know?

Research has shown repeating self-affirmations produces physical changes in parts of the brain associated with self-processing, which directly impacts how we view ourselves.

Create your own affirmation jar to raise funds and your self esteem!

- ✓ Cut out our rainbow for decoration
- ✓ Cut out the positive affirmations and fold each one two or three times
- ✓ Position jar by your kettle, desk or mirror (its really useful to attach a new habit to an existing one like cleaning your teeth or making a coffee).
- ✓ Every time you pick out an affirmation, pop a coin in the jar. You could offer them out at work for a donation!
- ✓ There is enough for 90 days (the suggested time it takes to create a new habit)



(And the amount of time until our Space Hive crowd fund closes on Monday 16th December!)

No printer? No problem you can collect a printed pack from the Women's Centre or join us in the 'make your own' sessions. Follow us on [Facebook](#) or [Instagram](#) for times.



Here are 90 one-line positive affirmations for boosting mental health and well-being:

I am worthy of love and happiness	My mind is calm, clear, and focused
I deserve to take up space and be heard	I am growing stronger every day
I trust the journey I am on	I embrace my unique self with love and kindness
I am capable of overcoming any challenge	I choose peace over worry
I am enough, just as I am	I have the power to change my thoughts
I release all negative energy from my mind.	I am resilient, brave, and strong
My mental health is a priority	I am at peace with who I am
My body, mind, and spirit are in perfect harmony	I trust myself to make the best decisions for me
I welcome all forms of positivity into my life	I am deserving of mental and emotional well-being
My inner strength shines through	I choose to see the good in every situation
I am proud of who I am becoming	I am grateful for the lessons I learn from life
My mind is full of healthy, positive, and loving thoughts	I breathe in relaxation and exhale tension
I am the creator of my own happiness	I embrace the present moment with peace
I choose to release stress and anxiety	I am grateful for today's opportunities
I trust that everything is unfolding perfectly	I am free from worry and embrace serenity
I am gentle and kind to myself	I choose to nourish my mind, body, and soul

I am a work in progress, and that's okay	I am worthy of good things happening to me
My mind is peaceful and open to new thoughts	I am capable of handling what comes my way
I am grounded, calm, and secure	I am constantly growing and evolving
I release all tension and welcome peace	My happiness is within my control
I am worthy of mental and emotional peace	I give myself permission to rest and recharge
I attract positivity and release negativity	I trust myself to overcome difficult moments.
I choose thoughts that empower and uplift me.	I am enough, exactly as I am
I am grateful for the beauty in my life	I am capable of achieving inner peace
I choose self-compassion over self-criticism	I deserve to feel good about myself
I allow myself to take things one day at a time	I am strong enough to handle my feelings
I am proud of my progress and my growth	I believe in my ability to find balance
I am worthy of healing and self-care	I accept and love myself completely
I choose to focus on the things I can control	I release any thoughts that don't serve me
I am in control of my emotions	I trust the timing of my life
I am patient with myself and my journey	I am more than my fears and doubts
I am filled with positive energy	I release the need for perfection and embrace progress
I am allowed to take time for myself	I let go of what I can't change and embrace peace
I choose love and kindness toward myself	I honour my need for rest and self-care
I trust that everything I need is within me	I am in control of my thoughts and feelings
I am open to new possibilities and opportunities	I am proud of the strength I show each day
I choose to let go of what no longer serves me	I deserve mental clarity and peace of mind
I am learning and growing every day	I am worthy of self-compassion and understanding

I choose to nourish my mind with positive thoughts	I am at peace with where I am in life
I forgive myself for past mistakes and embrace growth	I allow myself to feel what I need to feel
I attract positivity, peace, and calm into my life	I am capable of handling difficult emotions with grace
I am safe, grounded, and connected	I am exactly where I need to be right now
I release fear and embrace joy	I am grateful for how far I've come
I trust myself to navigate any challenges	I choose happiness over stress
I am open to healing and growth	I am deserving of all the good things life has to offer



Once your raised funds have been pledged BEFORE Friday 13th December via the link or QR code below – let us know and you could win a voucher for either Reiki Healing, Crystal Healing or an Indian Head Massage kindly donated by NE Counselling and Holistic Therapies!



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We can't wait to see how much you raise AND how you feel after 90 days!