

5 MINDFUL

# *AFFIRMATIONS*

for Your Morning Ritual



Print. Reflect. Begin your day  
with clarity.



This mini printable is your gentle guide to starting the day with purpose and calm. Choose one affirmation each morning to anchor your thoughts in clarity and self-love.



**I welcome this new day**  
*with calm and clarity.*



**I am grounded in  
the present moment**

*and open to what  
flows.*





**I choose to begin  
again**

*with love, grace,  
and purpose.*



**I am worthy of  
peace, joy,**

*and meaningful  
direction.*



**My energy is  
aligned with  
what**

*matters most  
today.*



## ✨ WANT MORE?

This free mini set includes 5 unique affirmations (not found in our full product), designed to gently support your morning ritual.



Shop the Full Set on Etsy  
<https://tinyurl.com/5n6c7wan>  
(Etsy redirect link)



Read more on the blog  
Morning Routine for Women in Tech  
<https://humanandcode.com/morning-routine-for-women-in-tech>



Human and Code  
*Mindful Printables for Emotional Wellness*