

# 30 Days of Affirmation Art Journaling - A Gentle Creative Pause!

- Today is filled with possibility, light, and gentle guidance.
- I trust my creativity and honour the art that flows from me.
- I choose gratitude for every moment of growth on my path.
- My days are filled with joy, purpose, and quiet excitement for what's unfolding.
- I express myself freely through art, and each layer brings healing.
- I am creative, inspired, and open to fresh ideas and new rhythms.
- I move through my day with calm, presence, and ease.
- I love the work I create, and it fills me with happiness.
- My art deepens and evolves with every mark I make.
- I am fully present when I create, letting my intuition lead the way.
- I create with peace and joy, naturally inspiring others through my energy.
- I am proud of my unique artistic voice, and I honour the work that emerges.
- My art adds goodness to the world, one soulful layer at a time.
- I create work that brings joy and resonance to myself and others.
- Everything I need arrives in perfect timing.
- I gently release what no longer serves me or my creative path.
- I am exactly where I'm meant to be on my artistic and inner journey.
- I am open to inspiration, new ideas, and unexpected discoveries.
- What I focus on expands, and I welcome goodness into my life.
- I live in a loving, abundant, harmonious universe, and I am grateful.
- Each day brings small, beautiful surprises to my heart and my life.
- I create for inner peace, growth, and deeper self-discovery.
- Creative energy flows through me with ease. I create beauty and magic.
- I am grateful for the people who support and love me along my journey.
- I am a creative, unique, and resourceful artist.
- I step into the creative flow with ease, openness, and curiosity.
- My art touches others and carries a message only I can express.
- Each moment invites me to become more of who I truly am.
- I honour my unique path and compare myself only to who I was yesterday.
- I am loved. I am brave. I am inspired. I am enough.