

Gunderson Affirmations

You are **SMART**.

Working hard will pay off.

I can accomplish anything I set out to.

You are **Unique**.

I matter.

I can speak truth for what matters most.

Family is the heart of the home.

LOVE is seen, heard and modeled.

I have a growth mindset.

I can see the best in individuals and situations.

I am braver than I believe, stronger than I show.

I am optimistic and energetic about life.

I am never satisfied...always working to improve.

I am always seeking to learn something new.

When things are easy...look for a challenge.

I am whole, not broken.

I am worthy and loved.

I will always persevere and overcome obstacles.

My **ATTITUDE** determines my **DIRECTION**.

I can achieve greatness and success in all aspects of life.