



Monthly
Motivators

December 2024



**More
Confidence**

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

GOAL:

How many positive affirmations can you give yourself?

We recommend at least three times per week! Use the calendar to keep track and the tips below to form your positive affirmations.

Tips for getting started with positive affirmations:

- Use the present tense
- Make affirmations short
- Say affirmations out loud
- Keep affirmations positive
- Choose meaningful affirmations
- Start affirmations with "I" or "My"



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