

# 10 Motivating Affirmations to Help You Get Started Today

Last year, I came across a beautiful coffee table book called **Start Today** by M.H Clark.

The affirmations in it are designed to motivate you to start or to continue to move forward now.

**Here are 10 of my favourites. I hope they'll help you to get into action if you're feeling stuck or looking for some added courage or inspiration to get started:**

1. **Decide to start today.**
2. **Small steps add up.**
3. **Keep moving. Keep walking.**
4. **In order to begin, you need only be as strong, as capable, as ready as you are right now.**
5. **It is completely possible for one small spark of action on one completely ordinary day to alter the shape of everything that follows.**
6. **It isn't impossible if you have imagined it.**
7. **It isn't far away if you can see it.**
8. **It isn't unreachable if you have begun.**
9. **Do it for yourself. Do it for the thing you long for, the thing you fall asleep dreaming of, and wake up wanting.**
10. **Start slowly if you need to go slowly. Start with uncertainty, start without a road map, start without even knowing when you'll arrive. But don't stop.**

**Related articles from my previous e-zines:** [10 ways to get – and stay – motivated](#); [10 ways to get inspired](#); [10 ways to overcome procrastination](#).

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