



**ORTHODONTIC  
EXPERTS**

## **10 DAILY ORAL HEALTH AFFIRMATIONS FOR A HEALTHY, STRONG, AND **SMART SMILE!****

- 1. I HAVE A SPARKLING WHITE SMILE**
- 2. IT IS OBVIOUS THAT I TAKE GOOD CARE OF MY ORAL HYGIENE**
- 3. I AM BLESSED WITH A HEALTHY, STRAIGHT SMILE**
- 4. WHENEVER I CONSUME SUGAR, I MAKE SURE TO PROPERLY CLEAN MY MOUTH**
- 5. I TAKE CARE OF MY TEETH WHICH IS WHY I DO NOT HAVE ANY CAVITIES**
- 6. MY SMILE IS MY FAVORITE ACCESSORY**
- 7. EVERYDAY, I FEEL MY TEETH AND GUMS BECOMING STRONGER AND HEALTHIER**
- 8. I USE TOOTHPASTE, FLOSS, AND MOUTHWASH SO MY BREATH SMELLS GREAT**
- 9. I AM FOCUSED ON ORAL HEALTH WHICH IS WHY I HAVE PERFECT TEETH**
- 10. MY SMILE IS MY DREAM SMILE AND I FEEL CONFIDENT WEARING IT!**