

Affirmations



Love & Compassion

- Love flows through my body, shines in my face, and radiates out from me in all directions.
- I love and accept myself the way I am, and I love and accept others in the same way.
- I live in the now. Each moment is new, and I choose to see my self-worth. I love and approve of myself.
- I am wonderful just as I am - I choose joy and self-acceptance.
- I love and approve of myself and I trust in the process of life - I am safe.
- I am loved and nourished and supported by life - it is safe for me to be alive.
- I am noticed and appreciated in the most positive ways - I am loved.
- I love and approve of myself - I see myself and what I do with eyes of love.
- I lovingly release the day and slip into peaceful sleep - knowing tomorrow will look after itself.
- I release the pattern in my consciousness that puts me in a negative space - I am willing to change - I love and approve of myself.
- I am caring, smart, supportive, loyal, and fun to be with.
- I have compassion for myself and the way my life has developed.
- I am deserving of all the good things in my life.
- I create health by expressing love, understanding, and compassion.
- I love and cherish my life.
- I am a thoughtful and capable person.
- My imperfections make me a perfect, unfettered, ever-growing human being.
- I commit my energy to a purpose much bigger than myself.
- I am an active participant in my life.
- When I act on what I love to do, I am free.
- Today I will put myself first and do what I love to do.
- I am true to myself and love myself enough to do what I want to do.
- The more resentment I release, the more love I have to express.
- I chose to be in touch with my own needs and desires. I release the need to please others and know that I have a right to all my feelings and emotions.
- I release all disease from my body and welcome health, love and happiness into my life.
- Loving myself heals my life - I nourish my mind, body and soul.
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.
- I practice extreme self-care whenever I face challenges, supporting myself in loving and positive ways.
- My heart is open, I allow my love to flow freely, I love myself, I love others, and others love me.
- I am surrounded by love.
- I am true to myself and love myself enough to do what I want to do.
- I see myself and what I do with eyes of love.
- I am surrounded by love.
- I love life.

Health

- I am in control of my life - I am a powerful and dynamic woman and my body works perfectly.
- I am glowing with health and wholeness.
- Every cell in my body vibrates with health and energy, allowing me to move through my day with ease.
- I let go of the past so I can create health now.
- I create health by expressing love, understanding, and compassion.
- I release all disease from my body and welcome health, love and happiness into my life.
- Loving myself heals my life - I nourish my mind, body and soul.
- I am glowing with health and wholeness.
- I am healthy, healed and whole.
- My body is healthy, my mind is brilliant, my soul is tranquil.
- I feel a great sense of security, abundance, and wellbeing.
- My body works perfectly.

Joy

- This moment is filled with joy – I choose to experience the sweetness of today.
- I am wonderful just as I am – I choose joy and self-acceptance.
- I lovingly allow joy to flow freely into my life.
- I am open to experiencing good things because I deserve happiness and success.
- I let go of things I cannot control and enjoy this moment that I am in.
- I can find joy in any situation.
- Today I can laugh at myself.
- I am a generator of positive energy.
- I choose to live my life the way that makes me happy, and I am free.
- I release all disease from my body and welcome health, love and happiness into my life.
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.
- I live my life by my thrusts, and I am free to make the life which provides for my highest happiness.
- Live is a beautiful experience and I choose to embrace it warmly.
- I choose to embrace the world and what it has to offer me with enthusiasm.
- I draw all positive things to myself.
- I use the power of positivity to direct my course.
- I greet each day with joy and excitement.
- I laugh with the joy of a child.
- When I act on what I love to do I am free.
- I am deeply centred and at peace with life, it is safe for me to be alive and joyous.

Peace

- I allow my mind to relax and be at peace – clarity and harmony are within me and all around me.
- I lovingly release the day and slip into peaceful sleep, knowing tomorrow will look after itself.
- I am confident that what I choose to do in my life is right for me.
- I am the only thinker in my mind – I gently guide my mind toward trusting my own inner wisdom.
- My thinking creates my experience, and I choose to use this positively in all areas of my life.
- At the deepest level of being, I am one with all that is.
- I accept the moment as it is – no matter what form it takes – and I am at peace.
- I release resistance and surrender to the flow of life.
- I release worry and fear.
- I trust and have faith in the divine benevolence of the universe.
- I surrender to what is, let go of what was, and have faith in what will be.
- I am at peace with my choices in life.
- I choose a peaceful and calm spirit and live with serenity.
- All I need right now is to breathe.
- My mind is still and smooth like a lake at dawn.
- I am safe, and all is well.
- A warm peaceful energy surrounds me and those I love.
- I step outside bringing tranquility with me into the world.
- I connect with what is peaceful and good around me.
- Inside me lives a reservoir of calmness.
- I discover peace in those around me and respond to them with peace.
- I let go of anxiety and embrace calm.
- I can easily shift my heart to feel peace.
- My need to feel calm is fully met.
- My body is healthy, my mind is brilliant, my soul is tranquil.
- I forgive those who have harmed me in my past and I peacefully detach from them.
- I let go of things I cannot control and enjoy this moment I am in.
- I am deeply centred and at peace with life, it is safe for me to be alive and joyous.

Gratitude

- I am grateful for all the wonderful things I already have in my life and those that are yet to come.
- Life is a beautiful experience and I choose to embrace it warmly.
- I choose to embrace the world and what it has to offer me with enthusiasm.
- Worry and anxiety cannot change my circumstances, only positive thoughts and actions can.
- I use the power of positivity to direct my course.
- I let go of things I cannot control and enjoy this moment that I am in.
- I am free to live my dream.



Forgiveness

- The past has no power over me, I forgive all those that need my forgiveness and I forgive myself.
- If I make mistakes, I am able to give myself the benefit of the doubt.
- I let go of the past so I can create health now.
- I create health by expressing love, understanding, and compassion.
- The past has no power over me.
- The more resentment I release, the more love I have to express.
- I forgive those who have harmed me in my past and I peacefully detach from them.

Abundance

- I know that life is abundant and I accept abundance in my life.
- Wonderful new opportunities are opening up for me to use my unique creative skills and abilities.
- I am loved and nourished and supported by life – it is safe for me to be alive.
- I go beyond other people's fears and limitations – I create my own life.
- I relax into the flow of life and let life provide all that I need easily and comfortable – I love life.
- I am on an endless journey through eternity and there is plenty of time – I communicate with my heart – all is well.
- All the things I want and need come to me.
- I am an abundant person.
- I welcome, and am open to receive, all abundance that comes to me.
- I draw abundance to myself today and every day.
- I draw all things positive to myself.
- I am a confident and positive person, and confident and positive people gravitate toward me every day.
- I attract powerfully positive and healthy people into my life.
- I am deserving of all the good things in my life.
- I am open to experiencing good things because I deserve happiness and success.
- My unique and creative talents and ability flow through me.
- Abundance, success and wealth flows into my life daily.
- I feel a great sense of security, abundance, and wellbeing.
- I have everything I need in life.
- I am a talented and skillful person.

Relationships

- I am a confident and positive person, and confident and positive people gravitate toward me every day.
- I attract powerfully positive and healthy people into my life.
- I am caring, smart, supportive, loyal, and fun to be with.
- I am noticed and appreciated in the most positive ways – I am loved.
- I am a positive and valuable contributor to my relationships.
- I possess complete ability to articulate my thoughts and feelings to everyone – I express myself wisely.
- I accept that the only person I can control is me.
- I have no need to do what others think I should, or what I believe others think I should.
- I look for ways to expand my abilities and share my gifts with others.
- I have the strength to express myself and my feeling in a healthy way.
- Today I will put myself first and do what I love to do.
- I chose to be in touch with my own needs and desires.
- I release the need to please others and know that I have a right to all my feelings and emotions.
- My heart is open, I allow my love to flow freely, I love myself, I love others, and others love me.
- I discover peace in those around me and respond to them with peace.
- My social skills allow me to build strong and trustworthy relationships.
- I have the ability to attract and build amazing relationships with others.
- My life is filled with loving relationships with trustworthy people.
- I feel comfortable with other people.

Safety & Strength

- I am deeply centered and at peace with life, it is safe for me to be alive and joyous.
- I love and approve of myself and I trust in the process of life - I am safe.
- I am loved and nourished and supported by life - it is safe for me to be alive.
- I go beyond other people's fears and limitations - I create my own life.
- I am strong and powerful and I have the knowledge and ability to handle everything in my life.
- I lovingly release the day and slip into peaceful sleep - knowing tomorrow will look after itself.
- I am in control of my life - I am a powerful and dynamic.
- I am able to do what is necessary to improve my life.
- I am able to take risks and try new things without fear.
- I have no need to worry about the unknown - I enjoy living in the moment.
- I am fully capable of managing any challenge that comes my way.
- I can maneuver past any obstacle that is place in my way.
- There is nothing that I cannot do.
- I recognize my talents and abilities and know that I am strong and competent.
- I know that I will be okay in unfamiliar situations and I can let go of my need to control.
- As I walk through life, I am strengthened by each experience I have.
- I am strengthened by doing things I love to do.
- I do not let roadblocks stop me, they are simply an indicator that I need to take a new path to achieve my goals.
- I have the strength to express myself and my feeling in a healthy way.
- I trust in the process for life.
- I have no need to do what others think I should.
- I am confident that what I choose to do in my life is right for me.
- Worry and anxiety can not change my circumstances, only positive thought and actions can.
- I am an active participant in my life.

Creativity

- My unique and creative talents and abilities flow through me.
- Wonderful new opportunities are opening up for me to use my unique creative skills and abilities.
- I release all restrictions and I am free to be me.
- I am a talented and skillful person.
- I am a unique person with a special set of skills.
- I look for ways to expand my abilities and share my gifts with others.
- I am my own unique self - creative, special and wonderful.
- I am a thoughtful and capable person.
- I am free to live my dream.

Additional

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