

AFFIRMATIONS

1. I am the most important person in my own life
2. I am loveable because I exist
3. I am enough, I do enough, I have enough
4. I use my power wisely
5. It is easy for me to stand up for myself
6. I am self-confident
7. I love my body
8. I am unique and precious
9. I love and approve of myself
10. I am wise and wonderful
11. I express my feelings freely
12. I am in control of my life
13. I radiate self-respect
14. I am respected by others
15. I have wonderful loving relationships
16. I experience love wherever I go
17. I share my joy with everyone
18. I take care of my inner child
19. I am a gift to the world
20. I feel my oneness with all life
21. I attract praise
22. I am loved by others
23. I rejoice in my uniqueness
24. I deserve to be successful
25. I am successful at everything I do
26. My creativity is always in demand
27. I love my world
28. I deserve good in my life
29. I am a magnet for miracles
30. I create harmony wherever I go
31. I reflect the beauty of life
32. I am all that I can be
33. I am and was always loved by my parents
34. I am a receptacle of love
35. I am good enough just as I am
36. It's great to be me
37. I have a great mind
38. I am a good person
39. I am in the right place, doing the right thing!
40. I take on the vibration of the highest now
41. I am inspired by life
42. I allow myself to play every day
43. I am proud of all my accomplishments
44. I am filled with positive energy
45. I am the treasure I have been seeking
46. I cherish myself
47. I am tender and gentle with myself
48. I am worth loving
49. I am a blessing to the world
50. I am safe and secure
51. I feel good about my life
52. I love and approve of myself
53. I feel my oneness with all life
54. I am all that I can be
55. I love myself more everyday
56. I am at peace within
57. All is well in my world
58. What I want benefits others
59. I create Heaven wherever I am
60. I approve of the way I am, right now!
61. This is where I really want to be!
62. I am effortlessly magnificent!
63. I deserve love whether I earn it or not!
64. All my desires are innocent
65. I am the living energy of Pure Spirit
66. I live my mission
67. I am open to the gifts of the Universe.
68. I allow abundance to flow through me.
69. I accept support when I need it.
70. It is safe to express myself
71. I am the innocent child of a Gentle God
72. I am an expression of Love
73. I am Spirit manifest in beautiful form
74. I am connected in love to all that lives
75. It is safe for me to feel all my feelings
76. Today is an opportunity for peace.
77. I am at home wherever I am

1. I integrate trust into every aspect of my life.
2. I am now willing to let my natural wisdom and beauty be seen and appreciated by all, including me!
3. It's now safe for me to relax, feel my feelings and be here!
4. I now feel loved and appreciated by my friends, my family and everyone who is important to me!
5. I'm now willing to accept love and stop resisting!
6. The more I open to love now, the more love becomes enjoyable, safe, enlivening, freeing and reliable: it's safe to love!
7. I now love myself enough to serve myself first!
8. I am the most powerful person in my life!
9. I'm now willing to trust my own power to create what I desire!
10. No matter what my body is feeling or my mind thinking, I'm always in direct contact with the source of love that can heal my unlove!
11. I can say NO to others without losing their love!
12. Other people have the right to say NO to me without hurting me!
13. The more I love myself, the more others love themselves!
14. The more powerful and free I am, the more powerful and free others can be in my presence!
15. It's safe, natural and loveable to approve of myself first!
16. I am now highly pleasing to myself, both alone and in the company of others, no matter what they are thinking!
17. It's now natural for me to attract love and support!
18. I am alive with the light of God and a blessing wherever I go.
19. When my attention is on the Presence, I bring what I need into this dimension
20. I am moving from the mundane to the miraculous.
21. I wake up in the morning with my mind staying on the Spirit.
22. My consciousness vibrates with the infinite invisible supply.
23. The Eternal fountain of Love showers its blessings on me.
24. I am more interested in the vibration of God than my problem.
25. I give myself permission to release toxicity from every level of my energy field
26. I rescind outdated vows of poverty, celibacy, struggle, silence, and unworthiness
27. I let go of old programs that keep me stuck in old patterns
28. I let go of everything I do not want or need for my highest good
29. I accept peace and joy in all aspects of my life
30. I know that this is for the highest good of all concerned
31. I act with high intention and purposeful awareness.
32. I make every act an act of love (or freedom or mastery or hope, etc.).
33. I am powerful. I am worthy. I am loveable. I am free.
34. I breathe love into my job, my body, my relationships.
35. I breathe in abundance, letting my whole body feel its energy.
36. The entire universe exists to love and support me
37. My body is safe although I may be feeling afraid