

Affirmations

I love and accept myself exactly as I am.

I am the perfect me, physically, spiritually, mentally, and emotionally.

I accept myself totally and completely.

I value myself.

I am happy.

I am content.

I am more than good enough,

I am worth it, and I am worthy.

I am confident, kind and loving.

I am proud of myself, and all of my accomplishments.

I am a unique gift to the world.

I am grateful for all that I have in my life.

I am strong, passionate and powerful.

I deserve the best and I am ready to receive it.

I am intelligent, capable and competent.

I am perfect.

I am magnificent.

I am wonderful just as I am at this very moment.

I am gentle with myself.

I am peaceful, happy, and healthy,

I am proud of myself and all of my accomplishments.

I am powerful.

I deserve the best in life.

I am perfect, whole, and complete.

I accept all of me.

I am a radiant being of love.

I am surrounded by love.

I love you, (Your Name). I love you. I really love you.

I love myself completely and unconditionally exactly as I am.

I am love.

I am loved.

I am surrounded by light and love.

I love life and I am happy.

I always come from a place of love.

I am pure love.

I am a loving, joyful person.

I treat myself with unconditional love.

I love being me.

I love and accept myself.

I love and accept myself right now.

I am willing to let the love in. It is safe to let the love in. (Stand with arms wide open)

I am a precious being, loved by the Universe.

I am greeted by love everywhere I go.

I am thankful for all of the love in my life.

I am calm and peaceful.

I am healthy.

I am whole.

I am healed.

My body is a good friend that I take loving care of.

I love my body.

I lovingly create perfect health for myself.

My body is peaceful, healthy, and happy, and so am I.

My body is intelligent.

I lovingly take charge of my body now.

I listen to the messages of my body.

I feed my body healthy and nourishing food.

I allow myself to heal on all levels.

I allow my body to rest when needed.

I love my amazing body.

I enjoy the foods that are best for my body.

I love every cell of my body.

I make healthy choices.

I have respect for myself.

I look forward to a healthy old age because I take loving care of my body now.

I am constantly discovering new ways to improve my health.

I am grateful for my healthy body. I love life.

I am the only person who has control over my eating habits. I can always resist something if I choose to.

Water is my favorite beverage. I drink lots of water to cleanse my body and mind.

Filling my mind with pleasant thoughts is the quickest road to health.

With every breath I take, I am getting healthier and healthier.

Healing energy flows through every cell in my body.

I relax easily and effortlessly.

I always make healthy food choices.

I easily reach and maintain my ideal weight.

I am healthy and filled with energy.

I have a wonderful energy that sustains me throughout each day.

I am radiant, vital, and alive.

I see myself healthy and whole.

I nourish my body with good foods and healthy exercise.

My health is radiant, vibrant, and dynamic now.

My mind, body, and spirit are a healthy team.

It is my time to shine.

Loving myself and others allows me to be all that I can be.

With love I see clearly in every direction.

I nourish myself with love.

My love is powerful.

I love myself through all experiences, and all is well.

The love of the Universe flows to me, through me, and around me, at all times.

As I learn to love myself, I become powerful.

My best relationship is the one I have with me.

My love is limitless.

My day begins and ends with self-love and appreciation.

I am surrounded by wonderful people throughout my life.

I love myself more today than yesterday.

I love my own thoughts.

I am the spirit of love shining brightly.

I am filled with love, light, peace, and gratitude.

I am peaceful in all situations.

I am willing to see only my magnificence.

I let my whole being vibrate with light.

I trust myself.

I am free to be me.

I am open and receptive.

I am open and receptive to all of the good in the universe.

I am precious and I cherish who I am.

I am open and receptive to all good.

I am good enough.

I am my own unique self.

I freely express who I am.

I express myself in ways that are fulfilling to me.

I am a magnet for good and only good finds me.

I accept all of myself.

I am in the process of becoming my own best friend—the person I am most happy to be with.

I recognize the true beauty of my being.

I go for the joy.

I see myself as being free. I am free in my mind. I am free in my body.

I am free in my life.

I believe in myself.

I am at peace with my own being.

I am at the center of peace.

It is safe to look within for my peace of mind.

The serenity and safety I seek is already within me.

I accept my power, and I now allow my own uniqueness to express itself in deeply fulfilling ways.

I take my power back.

I joyously give to life, and life lovingly gives to me.

I find beauty in everything in my world.

My unique talents and abilities flow through me freely.

I am in love with every now moment.

I change my thinking with love.

I only say kind and loving things to myself. I am free to love who I am.

I choose to dwell in a world of love and acceptance.

I change my life when I change my thinking.

I flow with life easily and effortlessly.

I make new and different, more supportive and nourishing choices.

I always have the freedom to choose my thoughts.

I claim my power and move beyond all limitations.

I trust that everything is working out for me.

I enjoy new ways of thinking.

All my new habits support me in positive ways.

I am willing to change.

I create the life I want.

I attract great people, things and situations into my life.

I am aware of my thoughts and they are positive and empowering.

I am manifesting my greatest life - right now.

I always have a choice.

I dwell on positive thoughts.

I am willing to change.

All changes are easy for me to make.

I create wonderful new beliefs for myself.

There is a solution to every problem.

I love to learn and am willing to drop old concepts when they no longer work for me.

I choose to see myself and life in the most positive ways.

I choose my thoughts to be in alignment with all that is for my highest good and greatest joy.

Everything I do is by choice, I can choose what to say, do, and think.

My thoughts and words will create my future.

The moment I am willing to change, the Universe begins to help me. It brings me whatever I need.

I choose to believe that it is easy to change a thought or a pattern. It is my choice to do so.

I love myself and trust that I am making the right choices.

I am aware there is something I can do to change.

When one door closes, another door opens. It is only change.

I have the power to make change.

I choose a bright future now.

I am willing to go beyond my own limitations.

I use the power of my mind and my free will to do what I know is right.

Today I will have many wonderful new experiences.

I think and say only what I want to create in my life.

Everything I do is a choice, so I am in control of my reality.

I am free to say no if something is not best for me.

I rise above all limitations.

I speak and think positively.

I let go of limitations and recognize the true beauty of my being.

I use my words and thoughts as tools to shape my future.

I release the past with ease, and I trust the process of life.

I support myself in making the right choices for me.

I am totally in charge of my life now.

I let go of the past with ease.

Today I am a new person.