

AFFIRMATIONS

(The power of positive thinking)

I feed my body nourishing foods and beverages. I exercise in ways that are fun.

I am at peace with my world. I am at peace with myself.

I am willing to release the need to be unworthy. I am now becoming all that I am created to be.

I feel good about every one I meet. All my relationships are healthy and nourishing.

I forgive myself and set myself free.

Love is the miracle cure. Loving myself works miracles in my life.

Change can begin in this moment. I am willing to change.

It is my birthright to live fully and freely.

I appreciate all that I do. I am good enough just as I am.

I recognize my body as a good friend.

I am the creative power in my world. I express myself creatively as much as possible.

My mind is powerful. It is my mind that creates my experiences. I am unlimited in my own ability to create the good in my life.

Every experience I have benefits me. I am in the process of positive change.

No person, place, or thing has any power over me, for I am the only thinker in my mind.

I feel tolerance, compassion, and love for all people, myself included.

I speak only words that are loving, positive, and constructive.

I release all struggle now and I am at peace.

I am free to think wonderful thoughts. I am in control of my own mind.

My body wants to be active and healthy. Exercise is fun for me.

My wonderful thoughts create my wonderful world. I choose my thoughts with care.

The past is over and cannot be changed. This is the only moment I can experience.

I am unlimited in my own ability to create the good in my life.

My joyful thoughts create my joyful world.

I breathe freely and fully. I trust the process of life.

I have my own set of talents and abilities.

I am always able to make the correct decision. I recognize my own intuitive ability.

Every change in my life can lift me to a new level of understanding.

I am not limited by any past thinking. I joyfully look forward to the future.

I now choose to cast out of my mind and my life very negative, destructive, fearful idea and thought.

Within myself I see a loving, beautiful being. It is safe for me to look within.

We are all family, and the planet is our home.

When I create peace, harmony, and balance in my mind, I find it in my life.

I am willing to see where it is I need to change.

Today I do a mental housecleaning, making room for new, positive thoughts.

I am a divine, magnificent expression of life. Love surrounds me and protects me.

I listen with love to my body's messages. My body is the picture of total health.

I am enthusiastic about life! I am filled with energy and optimism.

Every moment presents a wonderful opportunity to become more of who I am.

I now choose to release all hurts and resentments.

I look within to find my treasures.

I am aware that what I do not want to change is exactly what I need to change the most.

Everyone changes and I allow for change in everyone.

I think positive thoughts because every cell within my body responds to every thought I think and every word I speak.

Love is always the answer to healing of any sort. I love myself exactly the way I am.

I forgive others and I now create my own life the way I want it.

I am secure and powerful. Every decision I make is the right decision for me.

I love who and what I am and what I do.

I am mentally and emotionally equipped to enjoy a loving and prosperous life. I am deeply fulfilled by all that I do,

I am wonderful. Humor and joy contribute to my total well-being.

I keep my thoughts centered on what I want to experience.

I now release anger in positive ways. I love and appreciate myself.

I am willing to change all patterns of criticism.

I see clearly. I now create a life I love to look at.

I allow my love to flow freely. My supply of love is endless.

I do not have to earn love. I am lovable because I exist.

Others are different, not wrong. We are all one.

All that I desire, I receive. I am fulfilled in all areas of my life.

I am my best friend. I love what I see in me.

I take responsibility for every aspect of my life.

I am willing to release the pattern in me that is creating any negative conditions in my life.

I am totally adequate at all times. I accept myself and create peace in my mind and heart.

I am secure in expressing my emotions at all times, honestly and openly.

My body mirrors my state of mind. I am healthy, whole, and complete.

Life mirrors my every thought. As I keep my thoughts positive, life brings to me only good experiences.

I am always on time, easily and effortlessly.

Joy. Joy. Joy. I lovingly allow joy to flow through my mind and body and experience.

Whatever I am guided to do will be a success.

I accept myself and create peace in my mind and heart.

Today is a wonderful day. I choose to make it so.

I create my own reality and everyone in it.

I open my consciousness to the expansion of life. There is plenty of space for me to grow and change.

The more I love myself, the more I love others. The more love I give, the more love I have to give.

I allow the love from my own heart to wash through me and cleanse and heal every part of my body and emotions.

I am in the right place at the right time, doing the right thing.

I am safe where I am. I create my own security.

My unique creative talents and abilities flow through me and are expressed in deeply satisfying ways.

Every experience in my life is an opportunity for growth.

I focus on positive thoughts because the thoughts I think and the words I speak create my experiences.

I use my power wisely. I am strong. All is well.

I am worth loving. I am wonderful. I am loved.