

Saying the words **I am** before a statement allows the words to be ingrained in your logical mind, allowing you to fully embody the statement. Use the ones that resonate with you, and leave what doesn't.



1. Say your chosen affirmations out loud now. Or select a couple to focus on during silent meditation.

2. Write 3-5 of these on post-it notes and place them around your space (office, car dashboard, bathroom mirror, refrigerator, etc.) to see and read regularly.

3. Use your journal to write out the affirmations you like and keep adding to your list.

I am easily able to stay positive around negativity.

I am enjoying feeling better about myself.

I am walking in the truth of my authenticity.

I am exactly where I need to be in this moment.

I am an uplifting individual; I demonstrate compassion to others.

I am a gift to the world; I share my knowledge with all who seek it.

I am becoming a better me, while loving and accepting who I am at this moment.

I am inspired, motivated, and determined to succeed.

I am discovering all the ideas and solutions I need.

I trust myself to make choices beneficial to my health, happiness, and prosperity.

I am a unique individual with unlimited potential.

I am honoring all aspects of myself with acceptance and grace.

I am enjoying challenges that lead to even greater success and growth.

I am brilliant, confident, and capable of achieving my goals.

I am focusing on my strengths and energy to bring love into everything I do.

I am building my confidence by focusing on what I am passionate about.

I am willing to risk failure and mistakes to live an authentic and full life.

I am proud of my efforts, while respecting my need for rest.

I am unique and have so much to offer this world.

I am releasing judgment of myself and others.

I am giving myself grace.

I am focusing on gratitude.

I am patient with myself.

I am inspired.



I am embracing uncertainty.

I am cultivating my vision.

I am present.

I am successful.

I am loved.

I am safe and secure.

I am enough.

I am mastering the art of manifesting.

I am worthy of manifesting the life I desire.

I am the center of my universe and the only experience of my life.

I am in the process of eliminating my feelings of separateness from love.

I am beginning to feel spiritually connected to the whole universe.

I am this amazing person because I chose to shift from ego to spirit.

I am willing to bring my inner love into the world.

I am willing to bravely enter each day with compassion, vulnerability, and authenticity.

I am willing to release the suffering caused by focusing on anxiety and expectations.

I am doing the inner work and personal reflection necessary to shift into higher consciousness.

I am willing to navigate my consciousness and mindset to move from my current reality to my desired reality.

I am willing to release the expectations and vanity of my ego to embody the fullness of my authentic self and higher purpose.

I am following my heart by living in light and love.

I am always listening to my heart and higher instincts.

I am at peace with my past; I've let go.

I am investing in myself and putting myself first.

I am constantly absorbing knowledge that helps me to grow.

I am highly skilled in the art of listening and learning.

I am overcoming the challenges in my life.

I am expanding what I love to do.

I am sexy and owning my sexuality.

I am trusting myself.



I am open to growth and change.

I am worthy.

I am growing beautifully.

I am willing to take risks.

I am allowing my journey to unfold.

I am manifesting my dream life.

I am willing to try, learn, and grow.

I am worthy of overwhelming success.

I am creating a lifestyle that I love.

I am releasing unhealthy people and habits from my life.

I am sincerely forgiving of myself, and I am easily forgiving of others as well.

I am comfortable declaring my own worth.

I am a survivor and proud of my scars.

I am a beautiful person inside and out.

I am creating space for myself to thrive.

I am patient with the change I am creating.

I am nurturing my inner child.

I am directing my thoughts towards creating my desired reality.

I am open to receiving new information, and gracefully adapting to change.

I am surrounded by an abundance of opportunities.

I am meeting new mentors that help me learn and grow.

I am presented with opportunities for success regularly.

I am determined to succeed; nothing can stop me.

I am willing to feel calm because I recognize my strength and can release worry.

I am mindfully at ease in any situation.

I am connected to love and the abundance of the universe.

