

30 positive affirmations

FOR BETTER HEALTH, SPIRITUAL ALIGNMENT & LIVING WITH PURPOSE

I let the illusions that hold me back disappear. Today I will have a new energy and lead with a sense of purpose. I am on this earth to serve, and I will not feel guilty about the expression of my power.

Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given.

I choose to feel good about myself each day. Every morning I remind myself that I can make the choice to feel good. This is a new habit for me to cultivate.

I allow myself to be open to new opportunities and possibilities. I am free of believing my options are limited.

I believe I have what it takes. I have the best of intentions and I am full of creative ideas.

I am exactly who and what my children need.

Every thought I think leads me deeper into love or deeper into fear. Today my mind is attuned to love. I seek to see the world differently.

I have complete faith and trust in God that I am protected. I let go of anxiety and embrace calm.

I choose to believe in abundance and accept that belief as my reality.

Everything I want is on the other side of fear. Today I will do something outside my comfort zone.

I now go free. In that process I release all others from the demands and expectations I have placed on them. I choose to be free. I allow others to be free. I forgive myself and I forgive them. And so it is.

*Today I choose to recognize the good that is available everywhere.
I choose to see the beauty of this day and the light
in myself and others.*

There is no obstacle too large to overcome and I have the tools I need to always move forward.

*I deserve unconditional love, unwavering joy, and all the good that life has to offer me.
I rejoice in the love I receive each day.*

*I have the power to be healthy and strong.
I am committed to taking care of myself mind, body, and spirit.*

I will figure it out.

*I have been given the priceless gift of a new day.
I will bury my doubts and fears under faith and love and make the most of it!*

I am a beloved child of God. The truth of my being is that I was created perfect, whole, and complete.

*Any limitations I think I have are only self-imposed.
Today I choose to recognize myself as God sees me. I am capable of anything.*

I let go of worries that drain my energy. I choose to see peace instead of this.

*I am not afraid to pray for a miracle. I take my hands off the wheel.
I let go and let God. I know He will handle whatever I put in his His hands.*

*When I am suffering, when I am feeling pain, and when I feel inadequate,
I will practice self-kindness and gently press on. Self-pity is an absolute no.*

I may not have all the answers yet, but my willingness to figure it out is everything.

*Today I allow love and grace to take over.
I live generously and graciously towards others, the way God does towards me.*

*I cooperate joyfully with the purpose of my life.
I know God has created me to do be of great service to the world.*

*I allow loving patience to flow through me.
I will not let speed be the enemy of constructive change.
Every step I'm taking towards my goals is of value and leading me forward
no matter how slow my progress.*

*Tremendous energy is always available to me. I live in certainty that the loving, supportive energy of
God is surrounding me and leading me forward in every moment.*

*I am blessed in so many ways and I bless all that I have.
I bless and hold sacred all that I am right now.*

*I am filled with joy as I care for my children.
I give thanks and appreciate every moment I am entrusted with their precious little lives.*

*The love of God lives within me and I lovingly accept people and situations
knowing that here and now all is in the right place and in the right time.*

*I am always expecting the best of myself.
I welcome the full expression of all the goodness that is already within me, waiting to be brought forth.
Everyday I am getting better.*