



# positive affirmations

"An affirmation opens the door. It's a beginning point on the path to change." ~ Louise L. Hay

I am grounded.

My spirit is grounded deep in the earth.

I am calm, strong, centered and peaceful.

I am able to let go of fear and trust that I am eternally safe.

I am worthy of all things beautiful.

I am the only me.

I am an amazing gift to myself, my friends, and the world.

I am too much of an amazing gift to feel self-pity.

I am who I am and I love and appreciate myself.

I am committed.

I have a strong will and I can do anything I put my mind to.

I am full of confidence and everyone around me can feel that.

I have the ability to do great things.

I am bold.

I seize this day and the abundance it brings.

I can overcome anything that comes my way today.

I am calm and clear-headed to start my day.

I go after what I want.

I love myself.

I nourish my mind, body, and soul today and every day.

My strength comes from within.

I wake with energy and strength.

I am unstoppable.