

Affirmations

Affirmations are short little phrases that help us be intentional and focus on changing some type of cognitive pattern or negative thought. The more you become conscious of your beliefs and how they affect your life, the more control you have on changing a habit. The words we choose are an expression of energy. Energy is information. How we inform our bodies has a tremendous effect on our patterns and habits.

To be the most effective, use the affirmation in the present tense, use words like “I AM”, make it specific to your end result, and make sure it resonates positively with you. For example, if you don’t quite believe that the affirmation is possible, say something like “I know that I have done this before and trust that I can do it again” or “I believe it is possible to do (fill in the blank)”.

Affirmations on Health:

- I am confident in my judgments and decisions I make.
- I understand that food fuels my body.
- I am true to myself.
- I feel free to be myself in whatever circumstances.
- The universe is friendly, and I am supported in everything I do.
- I look and feel beautiful and healthy.
- I weigh my perfect weight.
- I feel energetic and vital.
- I feel comfortable in my skin.
- I am confident in myself and my skills.
- I am truthful to myself and others.
- I have integrity and character.
- I am attracted to that which is best for me.

Affirmations on Life:

- I am loved and loveable
- I am protected in every moment.
- I am supported in everything I do.
- I trust and have faith that all happens for my highest good and the highest good of all others.
- I love myself and others unconditionally.
- I am thankful for all this.
- I feel my purpose in this life strongly and use it to help others.
- I release all my fears and trust.



Affirmations on Finance and Work:

- The universe is friendly, and I am supported in everything I do.
- Everything I do is effortless and fun.
- I am relaxed and present in the things that I do.
- I add humor to bring joy to everyone around me.
- I am blessed with continual feelings of feeling blessed.
- I brighten a room as I walk in.
- I am comfortable between creative activities.
- I do wondrous creative work and my work is supported by others.
- I am a value to others and what I do makes a positive difference.
- My work fits me well.
- I have great passion for my work - my work is inspiring and motivational.
- My work is like play - I feel happy when I am working.
- I am surrounded by successful, supportive, and happy people.
- I work at what I love to do.
- My co-workers show support towards the same goals.
- I have great passion for my work.
- I do my best at everything I do.
- I feel free to be myself - whatever the circumstances.
- I have financial freedom, abundance of all I want, and excellent quality in every part of my life.
- I have multiple streams of income.
- Money (abundance) comes to me in many forms.
- I am inspirational to others.

Affirmations on Home:

- The universe is friendly, and I am supported in everything I do.
- I have a beautiful home.
- My home is up to date and comfortable for myself and others.
- My family, others, and I love our home.

Affirmations on Relationships:

- I am confident in my judgments and decisions I make.
- I am true to myself.
- I feel free to be myself in whatever circumstances.
- The universe is friendly, and I am supported in everything I do.
- Others voice that they feel better when I am around.

