

# 30 daily affirmations for a balanced and happy life

BY BOLD TUESDAY

# Using affirmations to live a happier and more balanced life

No doubt, thoughts are powerful. What you believe about yourself affects your feelings, actions, and life overall. That's why it's important to pay attention to your thoughts and try to make them as positive and uplifting as possible.

Affirmations have their part there. Affirmations are powerful and positive statements that help you change your negative thoughts into positive ones. Of course, only thinking won't give you a better life. There needs to be constant action that follows. But thoughts are the first step.

Let's talk more about affirmations, their benefits and examples of daily ones for a happier life.



## What are affirmations?

Affirmations are positive statements that give you emotional support and encouragement. These are usually short and powerful expressions that you can say to yourself (and others) to boost motivation and self-confidence. Affirmations have the power to influence your mood, feelings, thoughts, and habits. They require practice to be effective.

Research by the National Science Foundation found that humans have up to 60,000 thoughts per day (crazy!). From those 80% were negative, and 95% were exactly the same repetitive thoughts as the day before. From this study, we can see that one of the tendencies of the mind is to focus on the negative and repeat that again and again. The goal of affirmations is to stop the cycle and reverse the thoughts into positive. By doing this, you'll feel more grateful, happy, and fulfilled.



# 5 benefits of using affirmations daily

There are many benefits to saying positive words of affirmations daily. By changing the way you think over time, you become resistant to negativity or unhelpful thinking. The more positive and encouraging thoughts you have, the happier your life will be. Affirmations can help:

- **Boost your confidence.** Affirmations help you be your own biggest cheerleader. Positive words help boost your self-confidence and self-worth. By this, you are more motivated to go and make your dreams come true!
- **Get rid of limiting beliefs.** When you start using affirmations, you become more aware of your thoughts. This helps to reduce the risk of letting negativity seep in.



- **Concentrate on your goals.** If you have a specific goal, you can make your affirmation about that, which helps to keep your focus and work towards it daily.
- **Stay motivated.** On days when you don't feel so great, saying positive affirmations can boost your mood and give you the motivation you need to go and make things happen.
- **Make you grateful and happier.** Changing your negative thought patterns into positive ones and realizing how much you have to be grateful for, makes you happier and more content with your life.

# How to use affirmations daily

When it comes to affirmations, consistency is key. Try to make affirmations a habit you practice daily or at least a couple of times a week.

Affirmations work best in the present tense and “I” form. They shouldn’t include any doubt. Phrase them in a confident way like the idea you wish for is already your reality. See the examples below.

One option is to pick a new affirmation each morning and repeat it throughout the day. This way you tune yourself for a great day ahead and boost up your mood. You can keep a card on your desk, in your notebook, or wallet.




Another option is to say the affirmation before going to bed. If it’s one of your last thoughts before falling asleep, your mind will subconsciously work on that and this way you will take full advantage of the benefits as well. You can keep the affirmation on your bedside table or between your nighttime book.

PS! Every time you feel that you need a positive encouragement you can say your affirmation to yourself. There is no limit on how many times you can say it during a day.

When you start out, we suggest you focus on 1 affirmation at a time. This way you can keep your focus and not feel overwhelmed. You can choose the affirmation according to your goals or needs, or leave it to destiny and pick a random affirmation from the list.

Here is a list of 30 daily affirmations for balance, stress reduction and encouragement:





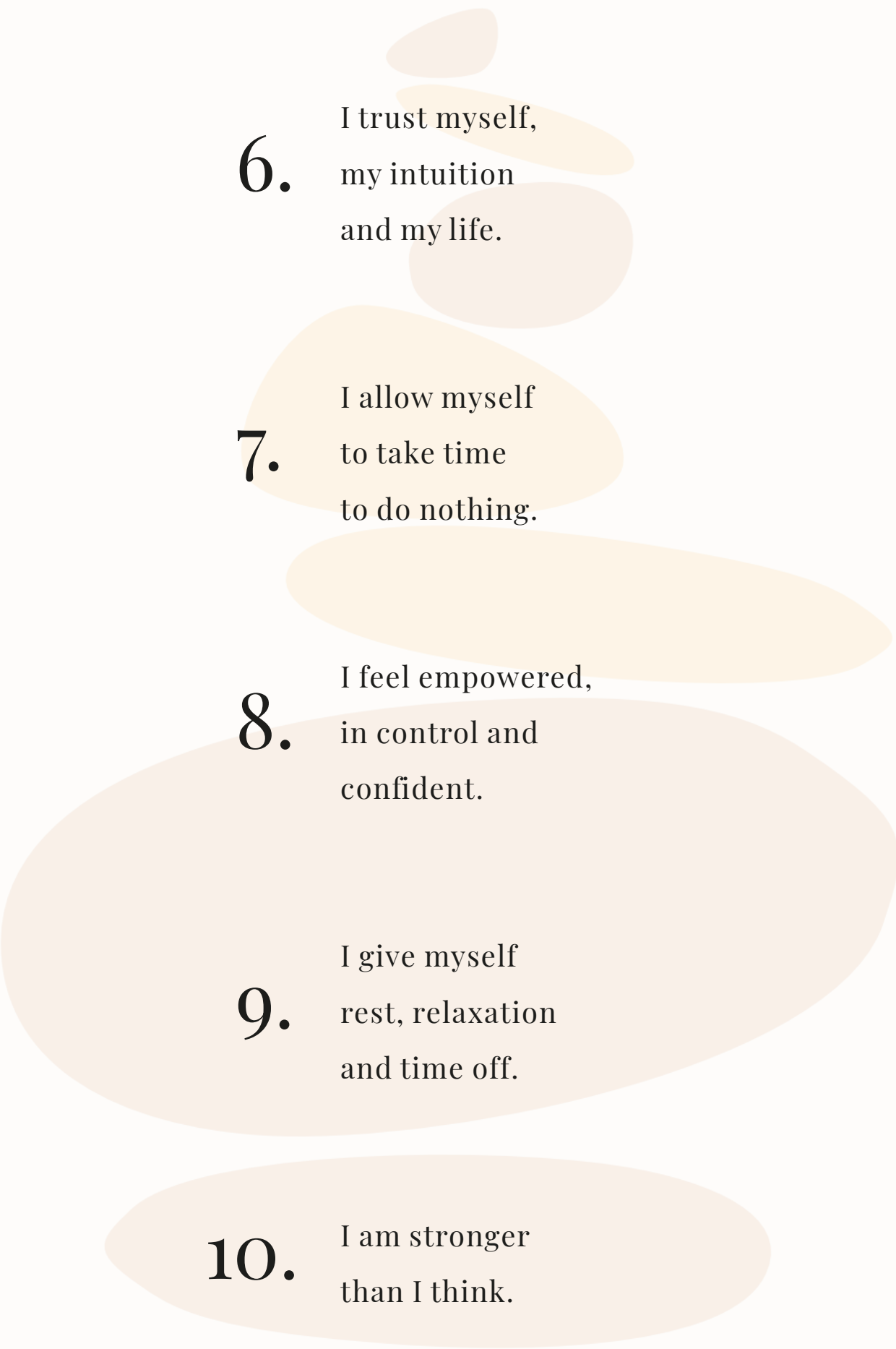
1. I am exactly  
where I need  
to be now.

2. I feel calmer and  
more at peace  
with each exhale.

3. I feel safe and  
protected  
by the universe.

4. I am strong,  
powerful and  
independent.

5. I am whole  
and complete.



6. I trust myself,  
my intuition  
and my life.

7. I allow myself  
to take time  
to do nothing.

8. I feel empowered,  
in control and  
confident.

9. I give myself  
rest, relaxation  
and time off.

10. I am stronger  
than I think.




11. I create harmony  
around myself.

12. I focus on what I can  
change and control and  
let go of everything else.

13. Whenever I bring my  
attention to breathing,  
I feel relaxed, centered  
and grounded.

14. I make time  
for myself.

15. I am in charge of  
my happiness.



16. I trust my  
own choices.

17. I simply let go  
of negativity and  
everything that's  
holding me back.

18. I treat myself like  
I would treat a good  
friend, with kindness  
and compassion.

19. I deserve  
the best in life.

20. I ask for help  
when I need it.



21.

I take things one  
step at a time.

22.

I believe in  
myself and my  
ability to solve  
all problems.

23.

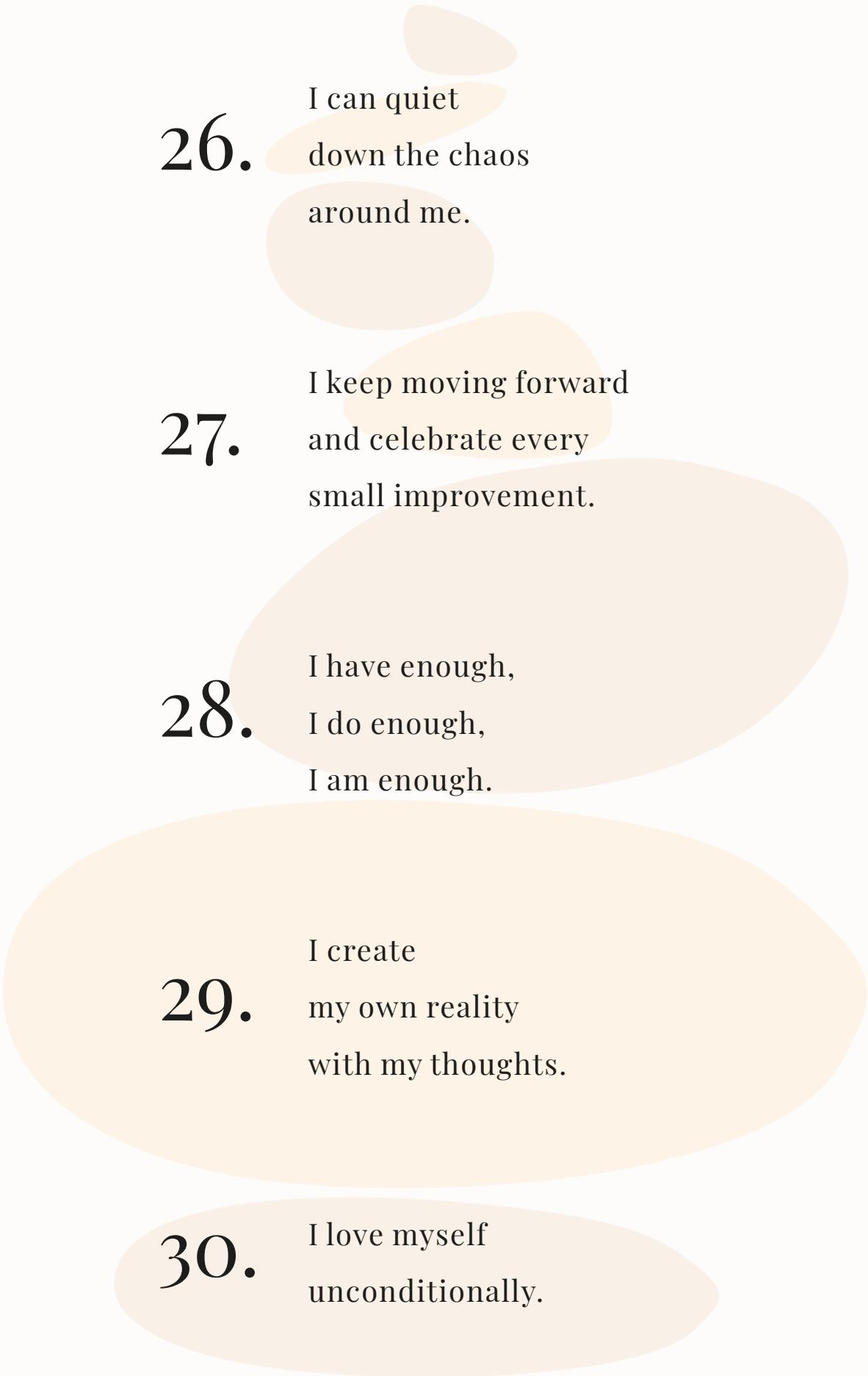
There is peace  
in my heart and  
clarity in my head.

24.

I accept all my  
feelings without  
judgement.

25.

I begin every day  
with gratitude.



26. I can quiet  
down the chaos  
around me.

27. I keep moving forward  
and celebrate every  
small improvement.

28. I have enough,  
I do enough,  
I am enough.

29. I create  
my own reality  
with my thoughts.

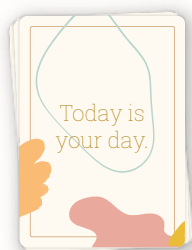
30. I love myself  
unconditionally.

# Want to have these affirmations and more on paper? Get the Motivational Cards: Balance

Balance motivational cards give you the daily encouragement you need and remind you that **you have enough, you do enough, you are enough.** The cards help you to unwind, destress, and find balance in life. Remember, **you are stronger than you think** and **you already have everything you need inside yourself.**

Pick a new card every morning and let it guide you through the day. Or use the Motivational Cards together with our Vision Board Reimagined.

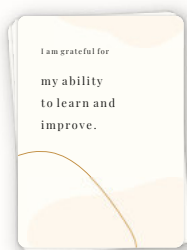
[www.boldtuesday.com](http://www.boldtuesday.com)



Happiness



Girlboss



Gratitude



Power Words



Wealth



Balance

## See our other Motivational Cards

Motivational Cards give you a boost of motivation, positivity, and confidence with daily good vibes. The current selection includes Balance, Gratitude, Wealth, Happiness, Girlboss, and Power Words decks. Each pack has a unique design and includes 52 cards. Choose the topics that speak with you the most. Pick a new card daily or weekly and get the energy and the focus you need.

# Visualize your dreams into reality with the Vision Board Reimagined

It's the most easy-to-use and nice-looking vision board that helps you get clear on your goals, keep the focus on working on your dreams, and achieve a fulfilled and happy life!

- ✓ **Clean design:** looks nice in your home
- ✓ **Clear overview:** keep your goals in one place
- ✓ **Easy to use:** all you need is included
- ✓ **Use it infinitely:** add and replace goals
- ✓ **Keep it private:** close the covers when needed
- ✓ **Stay motivated:** keep your goals in focus



**VISION BOARD REIMAGINED**  
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