

Affirmations

Say a few of these every day in front of the mirror. It may seem silly at first, but eventually you will believe what you are saying.

I am me.

I am happy and successful.

I have the power to change myself.

I can make my own decisions and choices.

I love all that I am, just as I am.

I am beautiful inside and out.

I can choose happiness whenever I wish, no matter what my circumstances are.

I can make a difference today.

I can do anything.

I can do whatever I set my mind to.

I am optimistic.

I keep going.

I have a strong voice and valid opinions.

I am loved.

Love is a gift that I give to myself and others.

I am a unique person with a lot of talent.

My mind is full of gratitude for my lovely and wonderful life.

I am a strong and independent woman.

I release the need to prove myself to anyone as I am my own self and I love it that way.

I am learning and growing each day, becoming empowered in my own life.

I am a confident, intelligent individual.

I am in control of my own life and can give myself permission to do things to improve myself and to succeed.

I respect myself.

I am a unique and very special person and worthy of respect of others.

It matters little what people say. What matters is how I react and what I believe myself.

I radiate love and respect and in turn accept love and respect.

People love me for who I am.

I am the essence of love.

I am free to choose to live as I wish and to give priority to my desires.

Every day is beautiful.

I am flexible and open to change in every aspect of life.

I love myself unconditionally.

I do not need to add anything to myself, for I am already whole and complete.

I recognize my own divinity.

I am a spiritual being.

I am the best I can be.

My best is more than enough.

I am a winner.

I consciously release the past and live only in the present. That way I get to enjoy and experience life to the fullest.