



# AFFIRMATIONS

for depression, anxiety, stress,  
relationships, life transitions

## HOPE+WELLNESS

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NOUN

# AFFIRMATION

1. *the act or an instance of affirming*
2. *the assertion that something exists or is true*
3. *something that is affirmed; a statement or proposition that is declared to be true*
4. *confirmation or ratification of the truth or validity of a prior judgment, decision, etc*

Affirmations are powerful. When we affirm something to ourselves, we are telling ourselves that it is, without question or objection, true. Learning to use positive affirmations routinely can help shift your self talk to something more positive, and ultimately lead you to higher self esteem, boosted confidence, and brighter moods.



# affirmations for anxiety

- 1. It's only a thought, and a thought can be changed.**
2. All is well in my world. Everything is working out for my highest good. Out of this situation only good will come. I am safe!
- 3. The point of power is always in the present moment.**
4. It is safe for me to speak up for myself.
- 5. I do not have to prove myself to anyone.**
6. I trust my intuition. I am willing to listen to that still, small voice within.
- 7. Whatever I need to know is revealed to me at exactly the right time.**
8. I am at home in my body.
- 9. The feelings in my body are normal and I will listen to them.**
10. This is hard, but I am capable.



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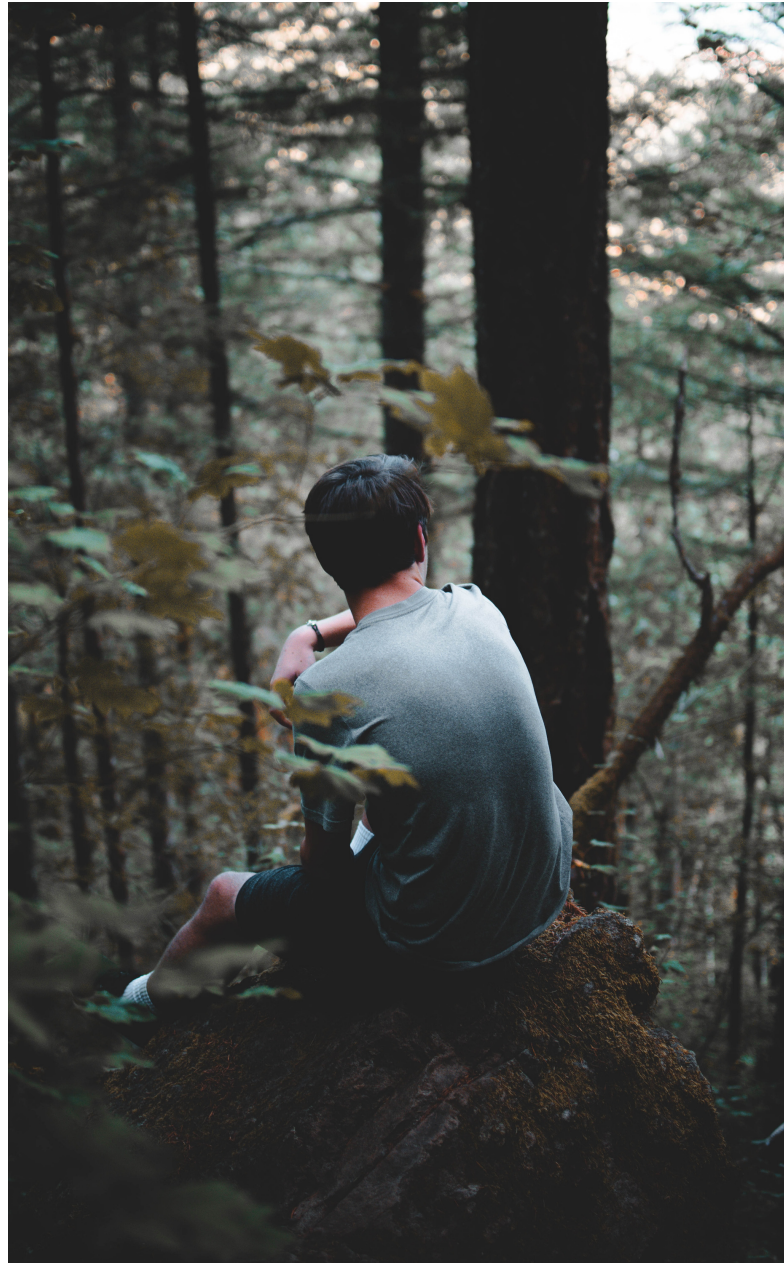
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# affirmations for depression

1. **My happy thoughts help create my healthy body.**
2. I have compassion for all, and that includes myself.
3. **I forgive everyone in my past for all perceived wrongs. I release them with love.**
4. Nourishing myself is a joyful experience, and I am worth the time spent on my healing.
5. **The past is over.**
6. I am in the process of positive change.
7. **I am valued even when I am not productive.**
8. I have taken care of myself so far, so I know I am strong.
9. **I am needed & loved, even when I don't feel it.**
10. I am resilient.



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”



# affirmations for stress

1. I will trust my intuition when it seems like there is no right answer.
2. **I deserve to rest & recharge.**
3. This is hard, but it is only temporary.
4. **I will give others what I am able, but no more.**
5. I am paying attention to my breath.
6. **I will listen to the aches of my body, and tend to what they need.**
7. This is hard, but I will leave it stronger.
8. **I don't have to do this alone-I can ask for help if I need it.**
9. I have the skills I need to handle this, even if it's stressful.
10. **This moment does not define my worth.**





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# affirmations for life transitions

1. **I have grown through every change in my life.**
2. I am allowed to be nervous about what I don't know-but I won't let it stop me.
3. **I am prepared enough for this.**
4. I am strong enough for this.
5. **I am qualified to handle this.**
6. I will open my mind up to learning new things, instead of being afraid of what I cannot predict or control.
7. **I am writing my own story, it is not writing me.**
8. I have the power to make the most of any situation I find myself in.
9. **I have support I can lean on if I need to.**
10. I will embrace that life is constantly changing, instead of trying to resist the change.



