Positive Affirmations

Positive affirmations are statements that are repeated to encourage and uplift the person speaking them. When we verbally affirm our dreams and ambitions, we are instantly empowered with a deep sense of reassurance that our wishful words will become reality. Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of “positive thought” neurons.

Some tips for using positive affirmations:
1) Positive affirmations should always be made in the present tense and only include positive words.
2) Positive affirmations are spoken as statements of fact and truth.
3) Repetition is the key to success. Chose an affirmation and commit to writing down it or saying it out loud daily.

Please see the list below for a sample list of positive affirmations:

1. I am enough
2. Everything good is flowing to me right now
3. I live in an abundant universe where anything is possible
4. I am always supported and guided
5. I deserve to be happy and I deserve to feel good
6. Today I choose to do things that lift me up
7. I am able to overcome challenges and respond positively to obstacles
8. I have control over my choices
9. I show compassion to myself and all other living beings
10. I am a soothing, healing presence for all those who encounter me
11. I create a safe and secure space for myself wherever I am.
12. I give myself permission to do what is right for me
13. I am confident in my ability to [fill in the blank]
14. I give myself space to grow and learn
15. My drive and ambition allow me to achieve my goals
16. I give myself the care and attention that I deserve
17. I put my energy into things that matter to me
18. I am in touch with my feelings and allow myself to experience them
19. Creative energy surges through me and leads me to new and brilliant ideas
20. I radiate confidence and others respect me
21. I have the courage to say 'no'
22. I deserve love, compassion and empathy
23. I let go of all that no longer serves me
24. My body is beautiful, my mind is brilliant, my spirit is tranquil
25. I have been given endless talents which I begin to utilize today
26. Today, I am brimming with energy and overflowing with joy
27. I possess the qualities needed to be extremely successful