

AFFIRMATIONS

WAKING UP YOUR INNER POWER

Stay inspired!

I see beauty.

Wonderful things surround me. I see beauty wherever I look. I slow down and engage my senses so I can recognize the precious gifts I receive each day.

I connect with nature. I watch the sun rise and set. I wake up early so I can take the scenic route to work. I grow flowers and vegetables in my backyard. I use my vacation days to go camping and climb mountains.

I visit art museums. I walk through the galleries or tour them online. I admire the materials, colors, and techniques.

I listen to music. Symphonies and pop songs stir my emotions. They still my thoughts or give me energy. They comfort me when I feel blue.

I read great literature. My compassion increases when I look at life from a different perspective. I gain insights into my own behavior.

I marvel at my children and delight in my friends. I remember why I love my partner. My relationships enrich my life. They give me pleasure, strength, and hope.

I clean and decorate my home. I create an environment that helps me to be happy and productive.

I cherish my body and mind. I marvel at my own strengths and abilities. I strive to fulfill my potential.

Today, I appreciate the beauty that exists within me and around the world. I celebrate the positive qualities I see in myself and others. I feel grateful and inspired.

Self-Reflection Questions:

1. What makes my favorite artist so special to me?
2. How does beauty make me feel?
3. How can I find beauty in difficult situations?



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WAKING UP YOUR INNER POWER

Stay inspired!

My life is headed in a great direction.

I am happy with the progress I am making in my life. I am clear on my goals and have a plan to reach them.

I spend time each day working toward my goals and get closer to achieving them.

I know my values and what is important to me. When I live according to my values, I feel good about myself and create a life that feels comfortable and right to me.

I like who I am becoming.

I have a vision for my life, and I am making that vision become my reality. I know that I am in control of my destiny. I like where my life is headed. I can control my life and my future.

I sometimes have bad days, but the overall direction of my life is perfect for me. I have far more good days than bad, and I am grateful for the life I have.

I am able to persevere regardless of the obstacles and setbacks I face. I stay on the path I have set for myself.

Today, I am living my life according to my values and goals. I am making leaps and strides toward the life I dream about. My life is headed in a great direction.

Self-Reflection Questions:

1. What are my plans for the future? What have I done today to create that future? How much progress have I made in my life over the last six months?
2. What are my values? Which values do I need to demonstrate each day in order to be happy with myself?
3. What would I change about my life if I could?



AFFIRMATIONS

MANIFESTING YOUR DREAMS

Stay inspired!

My dreams are manifesting before my eyes.

Each day, I get a little closer to living my dream. I can see progress in every aspect of my life. The progress I make gives me more enthusiasm and motivation. I gain momentum each day.

I know my dreams are coming true.

When I review each part of my life, it is easy to see my progress. My progress grows each day. Like a snowball rolling down a mountain, I gain speed at a greater rate each day than the day before.

I am unstoppable.

Progress can be slow at first, but over time, positive things seem to happen. It is almost like magic. The manifestations I see of my dreams today are the result of the work I have done in the past.

Every seed I plant to reach my goals blossoms. I am ready to reap my rewards.

I am grateful for all the good things happening in my life at this moment. As my dreams manifest, the positive emotions are growing greater each day. I have the power to control my destiny.

Today, I am proud of all that I am accomplishing. My dreams are manifesting before my eyes.

Self-Reflection Questions:

1. What are my five most important goals? What signs do I see of making progress toward those goals?
2. What habits could I develop that would make progress toward my goals automatic?
3. How is my life better today than it was five years ago?



AFFIRMATIONS

LEARNING TO LET GO

Stay inspired!

Letting go sets me free.

Holding onto the past undermines my happiness and productivity. Letting go frees me and allows me to achieve my potential.

I accept that everything changes. I adjust my expectations and realize that relying on temporary conditions for security is pointless.

I remove the conditions I have been placing on my happiness.

I recognize that some events are beyond my control and accept that letting go is the best option. There are times when I lose sight of what I value. If I wait until the decision is out of my hands, I pay a higher price. By anticipating natural shifts, I make the adjustment easier.

I transform my intentions regarding my relationships with others. I care more about their welfare than how they make me feel.

I examine my thoughts and let go of those that are holding me back. I realize that it is more constructive to manage whatever circumstances arise rather than wishing my life was different.

Letting go is an ongoing process. Starting with small issues trains me to handle bigger challenges. Showing myself that I can survive without cable TV may inspire me to ride my bike to work instead of driving.

My heart is open to new opportunities when I let go. My future appears brighter.

Today, I am more determined than ever to be more flexible. I am ready to let go and start over.

Self-Reflection Questions:

1. What is one possession I could give away today?
2. How can I be content with what I have now?
3. Why does letting go prepare me to receive more?



AFFIRMATIONS

LETTING GO & SETTING YOURSELF FREE

Stay inspired!

I let go of everything that fails to serve me.

I believe that every thought, belief, habit, action, and person in my life either makes my goals more likely, or less likely, to happen. If any of these things fail to serve me in the pursuit of my goals, I can easily let it go from my life.

I choose to only permit thoughts that serve me. If a thought is self-sabotaging in any way, I reject it.

The same goes for my beliefs. I choose beliefs that serve my life and aspirations. Beliefs that fail to support my goals are discarded immediately.

I have habits that increase the quality of my life. I work on building such positive habits each day. Negative habits are removed from my life immediately. My positive habits outnumber and overpower my negative habits.

I choose the most effective actions in each situation. I avoid wasting my time with subpar courses of action.

I set free all the people that interfere with my progress. Life is challenging enough without permitting people into my life that are going to make things even harder. There are plenty of people in the world that are enjoyable and useful.

Today, I am letting go of everything and everyone that fails to serve me in my life. I am open to more positive thoughts, beliefs, habits, actions, and people.

Self-Reflection Questions:

1. What am I tolerating in my life that I should eliminate? Why have I been permitting this thing to persist?
2. Do my beliefs serve my purpose? What would be a more effective set of beliefs for me?
3. How do I waste time? How could that time be better spent?

