

# 50 POSITIVE AFFIRMATIONS

I'M ALLOWED TO TAKE UP SPACE.

MY PAST IS NOT A REFLECTION OF MY FUTURE.

I AM SMART ENOUGH TO MAKE MY OWN DECISIONS.

I'M IN CONTROL OF HOW I REACT TO OTHERS.

I CHOOSE PEACE.

I'M COURAGEOUS AND STAND UP FOR MYSELF.

I WILL SUCCEED TODAY.

I DESERVE TO HAVE JOY IN MY LIFE.

I'M WORTHY OF LOVE.

I APPROVE OF MYSELF AND LOVE MYSELF DEEPLY.

MY BODY IS HEALTHY, AND I'M GRATEFUL.

I'M MORE AT EASE EVERY DAY.

I'M CALM, HAPPY, AND CONTENT.

MY LIFE IS A GIFT AND I APPRECIATE EVERYTHING I HAVE.

I'LL SURROUND MYSELF WITH POSITIVE PEOPLE WHO  
WILL HELP BRING OUT THE BEST IN ME.

I DON'T NEED SOMEONE ELSE TO FEEL HAPPINESS.

I'M ALLOWED TO TAKE THE TIME TO HEAL.

MY IMPERFECTIONS MAKE ME UNIQUE.

I'M ALLOWED TO MAKE MISTAKES; THEY DON'T  
MAKE UP MY WHOLE STORY.

I CHOOSE NOT TO CRITICIZE MYSELF OR OTHERS AROUND ME.

MY POTENTIAL TO SUCCEED IS LIMITLESS.

DIFFICULT TIMES ARE PART OF MY JOURNEY AND  
ALLOW ME TO APPRECIATE THE GOOD.

I FORGIVE THOSE WHO HAVE HURT ME.

I'M IN CHARGE OF MY LIFE AND NO ONE WILL  
DICTATE MY PATH BESIDES ME.

I'M DOING MY BEST AND THAT IS ENOUGH.

I HAVE THE POWER TO CREATE CHANGE.

I KNOW EXACTLY WHAT TO DO TO ACHIEVE SUCCESS.

I CHOOSE TO BE PROUD OF MYSELF AND  
THE THINGS I CHOOSE TO DO.

**I WILL NOT COMPARE MYSELF TO STRANGERS  
ON THE INTERNET.**

**I AM ENOUGH.**

**I LET GO OF ALL THAT NO LONGER SERVES ME.**

**I LOVE MYSELF FULLY, INCLUDING THE WAY I LOOK.**

**MY LIFE BECOMES RICHER AS I GET OLDER.**

**I CAN ABSOLUTELY DO ANYTHING I PUT MY MIND TO.**

**I'M WORTHY OF RESPECT AND ACCEPTANCE.**

**MY CONTRIBUTIONS TO THE WORLD ARE VALUABLE.**

**MY NEEDS AND WANTS ARE IMPORTANT.**

**I MAKE A SIGNIFICANT DIFFERENCE TO THE LIVES  
OF PEOPLE AROUND ME.**

**I AM BLESSED WITH AN AMAZING FAMILY AND FRIENDS.**

**I ATTRACT MONEY EASILY INTO MY LIFE.**

**MY LIFE IS FULL OF AMAZING OPPORTUNITIES THAT ARE  
READY FOR ME TO STEP INTO.**

**I'M FREE TO CREATE THE LIFE I DESIRE.**

**I'M OPEN TO NEW ADVENTURES IN MY LIFE.**

**I'M BOLD, BEAUTIFUL, AND BRILLIANT.**

**MY BODY SHAPE IS PERFECT IN THE WAY IT'S  
INTENDED TO BE.**

**WHEN I ALLOW MY LIGHT TO SHINE, I UNCONSCIOUSLY  
GIVE OTHER PEOPLE PERMISSION TO DO THE SAME.**

**NO AMOUNT OF GUILT CAN CHANGE THE PAST, AND NO  
AMOUNT OF WORRYING CAN CHANGE THE FUTURE.**

**TO MAKE SMALL STEPS TOWARD BIG GOALS IS PROGRESS.**

**NEGATIVE THOUGHTS ONLY HAVE THE POWER I ALLOW THEM.**

**I CAN CHOOSE TO MAKE MY CURSES MY BLESSINGS.**