



# Affirmations

1. All is well right now
2. All my problems have a solution
3. Attitude is everything, so pick a good one.
4. Calmness washes over me with every deep breath I take
5. Challenges are opportunities to grow and improve
6. Even when chaos is around me, I remain calm and at peace
7. Every day I have the power to choose, and today I choose to be happy
8. Everything is possible
9. Everything that is happening now is happening for my ultimate good
10. Everywhere I look I see love
11. Happiness flows freely from me
12. I accept me and approve of me exactly as I am
13. I am a beautiful person
14. I am a spiritual being having a temporary human experience
15. I am a unique individual, with many special talents and abilities
16. I am at peace with all that has happened, is happening, and will happen
17. I am a child of God
18. I am beautiful, happy, and healthy
19. I am blessed with a partner who is truly my soul mate
20. I am breaking old habits and creating new successful ones
21. I am calm and mindful
22. I am completely in control of my thoughts
23. I am completely open to new experiences
24. I am confident, enthusiastic, and energetic
25. I am enough
26. I am free from all negative beliefs from my past

27. I am free of anxiety, and a calm inner peace fills my mind and body
28. I am happy
29. I am in charge of my life
30. I am intelligent, capable, and competent
31. I am loved beyond comprehension
32. I am making a difference in this world
33. I am powerful, confident, and capable of reaching all my dreams
34. I am strong, confident, and powerful
35. I am successful
36. I am surrounded by love
37. I am the architect of my life; I build its foundation and choose its contents
38. I am unique and have so much to offer this world
39. I am worthy of all the best life has to offer
40. I am worthy of love, peace, and joy
41. I become more productive every single day
42. I believe in myself
43. I breathe in relaxation. I breathe out stress
44. I can attract anything I want into my life
45. I choose to be proud of myself
46. I choose to live my life independent of the opinions of others.
47. I feel better and better every day as my body heals
48. I feel happy and content in this moment right now
49. I forgive myself and others fully and completely
50. I fuel my body with healthy foods
51. I fuel my mind with healthy thoughts
52. I have a good mind, a kind heart, and a gentle spirit
53. I have abundant energy
54. I have come this far, and I can keep going
55. I have the ability to overcome any challenge life gives me

# Psych Fit

56. I have the power to change my thoughts in a second
57. I have the power, right now, to decide what I want to do
58. I know the situation will work out for my highest good
59. I learn and grow from every experience
60. I let go of all resentment and peacefully welcome the happiness that takes its place
61. I love and approve of myself
62. I love myself more every day
63. I matter and what I have to offer this world also matters
64. I refuse to give up because I haven't tried all possible ways
65. I release past anger and hurts and fill myself with serenity and peaceful thoughts
66. I release the past and live fully in the present moment
67. I replace my anger with compassion and understanding
68. I see each new challenge as an opportunity to grow
69. I surround myself with friends who treat me well
70. I surround myself with people who encourage me to make healthy choices
71. I trust myself, and I make decisions with ease and confidence
72. My body is healthy; my mind is brilliant; my soul is tranquil
73. My confidence, self-esteem, and inner wisdom are increasing with each day
74. My life is full of wealth, prosperity and abundance
75. My mind has unlimited power
76. What I did is in the past and now I can create my future
77. With God all things are possible