

POSITIVE AFFIRMATIONS

I am OK as I am. I accept and love myself.

I am unique. I feel good about being alive and being me.

I appreciate everything I have. I love my life.

I am confident. I trust myself.

I love challenges; they bring out the best in me.

I am calm and peaceful.

Life is fun and rewarding.

I choose to act out of love, not fear.

Amazing opportunities exist for me in every aspect of my life.

There are no such things as problems, only opportunities.

I choose to be happy right now. I live in joy.

I am courageous. I am willing to act in spite of any fear.

I am positive and optimistic. I believe things will always work out for the best.

It's easy to make friends. I attract positive and kind people into my life.

It's easy to meet people. I create positive and supportive relationships.

I am a powerful creator. I create the life I want.

I am successful right now and it feels good.

I am passionate. I am outrageously enthusiastic and inspire others.

I have unlimited power at my disposal.

I am optimistic. I believe things will always work out for the best.

I am kind and loving. I am compassionate and truly care for others.

I am focused and persistent. I will never quit.

I am energetic and enthusiastic. Confidence is my second nature.

I treat everyone with kindness and respect.

I inhale confidence and exhale fear.

I am flexible. I adapt to change quickly.

POSITIVE AFFIRMATIONS

I have integrity. I am totally reliable. I do what I say.

I am competent, smart and able.

I believe in myself,

I recognize the many good qualities I have.

I see the best in other people.

I surround myself with people who bring out the best in me.

I let go of negative thoughts and feelings about myself.

I love who I have become.

I am always growing and developing.

My opinions resonate with who I am.

I am congruent in everything I say and do.

I deserve to be happy and successful

I have the power to change myself

I can forgive and understand others and their motives

I can make my own choices and decisions

I am free to choose to live as I wish and to give priority to my desires

I can choose happiness whenever I wish no matter what my circumstances

I am flexible and open to change in every aspect of my life

I act with confidence having a general plan and accept plans are open to alteration

It is enough to have done my best

I deserve to be loved

I have high self esteem

I love and respect myself.

I am a great person.

I respect myself deeply.

POSITIVE AFFIRMATIONS

My thoughts and opinions are valuable.

I am confident that I can achieve anything.

I have something special to offer the world.

Others like and respect me.

I am a wonderful human being I feel great about myself and my life.

I am worthy of having high self-esteem.

I believe in myself.

I deserve to feel good about myself.

I know I can achieve anything.

Having respect for myself helps others to like and respect me.

Feeling good about myself is normal for me.

Improving my self-esteem is very important.

Being confident in myself comes naturally to me.

Liking and respecting myself is easy.

Speaking my mind with confidence is something I just naturally do.

Each day I notice I am more self-discipline.

I enjoy being self-disciplined.

I am doing the best I can with the knowledge and experience I have obtained so far.

It's OK to make mistakes. They are opportunities to learn.

I always follow through on my promises.

I treat others with kindness and respect.

I see myself with kind eyes.

I am a unique and a very special person.

I love myself more each day.

I am willing to change.

POSITIVE AFFIRMATIONS

I am changing for the better, I appreciate my growth.

I approve of myself.

I like and appreciate myself.

I care about myself.

I love myself in this moment.

I am a child of God.

My work gives me pleasure.

I attract praise.

I receive praise easily, and I feel good.

I am respected by others.

I rejoice in my uniqueness.

I deserve good in my life.

I appreciate myself.

Each day I am becoming more self-confident.

I feel valued and appreciated for who I am.

Everything happens in its divine order.

All is well in my world.