



50 AFFIRMATIONS

TO CHANGE YOUR LIFE

Affirmations For Life in General

- 1) I live a positive life and only attract the best into my life
- 2) I attract only good things into my life
- 3) I am making positive choices in my life
- 4) I will face whatever comes today with a positive attitude
- 5) I am grateful for everything I have in my life

Affirmations For Happy Relationships

- 6) I am attracting a loving and supporting soul mate
- 7) I have a wonderful partner who accepts me for who I am
- 8) I am surrounded by love
- 9) I support my partner unconditionally
- 10) Our relationship is getting stronger every day

Affirmations For Work

- 11) I believe in myself and my abilities
- 12) I see endless opportunities before me
- 13) I am the perfect person for the job
- 14) I am doing what I love and earning lots of money doing it
- 15) All my thoughts and actions are geared towards furthering my career

Affirmations for Fitness

- 16) Today I will honor my body through exercise
- 17) I am stronger than any excuse
- 18) I am perfectly healthy in mind, body, and spirit
- 19) I am achieving my weight loss goals
- 20) I enjoy my daily workout, it makes me feel alive

Affirmations for Money

- 21) My wallet is overflowing with money
- 22) Money flows freely into my life
- 23) I am a magnet for money
- 24) Attracting money is easy
- 25) I am focused on achieving wealth

Affirmations for Self-Confidence

- 26) I am beautiful
- 27) I am free from self-doubt and filled with confidence
- 28) I am enough
- 29) My happiness does not depend on others. I am in control of my happiness.
- 30) I love and accept myself just as I am

Affirmations for the Morning

- 31) Today will be a great day
- 32) My possibilities are endless
- 33) I am filled with love and happiness this morning
- 34) I'm starting this day feeling refreshed and full of energy
- 35) I choose to have a good day today

Affirmations for Anxiety

- 36) I am fully capable of managing any problems that come my way
- 37) I inhale confidence and exhale fears
- 38) I choose to not let my anxiety control me
- 39) I am safe and in control of my own body
- 40) Breathing in I calm my body, breathing out I smile

Affirmations for Depression

- 41) I am strong, I am confident, I am happy
- 42) I only allow healthy and positive thoughts into my mind
- 43) One day at a time. One moment at a time
- 44) Small steps lead to great things
- 45) I forgive myself

Affirmations for Bedtime

- 46) I release my stress from today
- 47) I am letting go of my problems and worries to have a restful nights sleep
- 48) I will wake up in the morning feeling refreshed
- 49) Tomorrow is another day and the chance to make a fresh start
- 50) I drift off now into a deep and undisturbed sleep