



MY DAILY AFFIRMATIONS.



WHAT ARE AFFIRMATIONS AND WHY SHOULD I USE THEM?

With the aim of instilling positive messages, affirmations are an intentional form of self-talk. Affirmations can be a few short words or a couple of sentences, focusing only on positive statements spoken aloud or read with repetition.

How you live each day is ultimately how you live your life, with our beliefs being the basis for how we feel, act and speak to ourselves. The beliefs we think about ourselves can either be supportive, such as “I am loved”, “I am blessed”, “everything in my life works out for the better”, or they can be negative self-beliefs creating destruction to the world around us. Why would you want to live anything less than a fulfilling, joyful and empowering life? When you come to realise that self-limiting beliefs are no longer serving you, you can make a shift to instill only new positive thoughts and beliefs to influence your life.

Shifting your focus from negative to positive thoughts is the starting point towards a more empowering belief in yourself, and in others. By simply saying, thinking, or reading positive statements you will emphasize the truths you are wanting to come to life. The more authentic you are when manifesting your affirmations, the more you can feel the reality of your new thoughts, and the greater the effect they will have. Sound wacky? Yep. Does it work? Absolutely!

Your thinking impacts your beliefs, which impacts your expectations, which impacts your attitude, which impacts your behaviour, which impacts your performance, which ultimately impacts your life!

It is often that we act with pressure and control in order to fix something we perceive as wrong. It's okay to feel worried or stressed out about negative things in life. It's okay to feel the urgency to search for answers when we're faced with obstacles and difficulties. Life is all about the journey, not the destination. It is through our greatest stretches and biggest struggles in life that we in turn discover the greatest successes. Trust that you are exactly where you need to be. Give this a go with full intention and expect new things to come to life.

There is no timeline, no pressure, only positive things coming your way as you read your affirmations daily. The possibilities are endless as you create the thoughts, beliefs and life you really desire.

You can even create your own affirmations to suit the different changes and progressions you're going through. All you need is a pen and paper and an idea of what you wish to manifest in your life!

MY DAILY AFFIRMATIONS.

I am worthy.

I am enough.

I am beautiful.

I am strong.

I am confident.

I am powerful.

I am healthy.

I am brave.

I am smart.

I am talented.

I am a leader.

I am phenomenal.

I am a powerhouse woman.

I can. I will. I am.

I am born for more.

I am willing and excited to step out of my comfort zone.

I choose to express a confident attitude toward myself and others.

I accept myself, just as I am, right now.

I know that I have the knowledge and resources to achieve my dreams.

I act from a place of personal security and self-belief.

I love myself and know that I am worthy of great things in life.

I choose to act with poise and grace.

I choose to be proud of myself in whatever I do.

I will make choices that demonstrate the care I have for my body.

I freely express gratitude for the many blessings I receive.

I will only speak kind and empowering things to and of others.

I have positive influence in the lives of others. I am a world changer.

I choose to see the good in the people I interact with today.

I will set aside time to be silent and breathe every day.

I have the power to control my reactions to the challenges I face.

I trust that there is purpose behind my challenges.

I choose to see each obstacle as an opportunity for growth. I am always growing.

I choose to be successful in each area of my life.

I am willing to try new things with courage and confidence always.

I know that I am capable of the impossible.

I have a keen capacity to learn new skills that support my success.

I release all blocks pertaining to my goals.

I easily meet and overcome challenges.

I release my fear of failure, and all motives and influences that no longer serve me.

I am motivated only by love. I choose to love myself in every moment.

I am a phenomenal woman!

I am already a huge success.

I easily and quickly learn from the lessons life presents me with.

I effortlessly reach my goals.

Each day I take a small step toward achieving my goals.

I am willing to step outside of my comfort zone to accomplish the goals I set for myself.

The path toward my goals are clear and I can easily gain focus.

I am willing to devote time and energy toward my goals. They are a priority in my life.

I honour my mission and values by pursuing my goals.

I can clearly see my goals already accomplished.

I accept that there will be challenges when pursuing my goals.

I have the knowledge and ability to overcome anything in my path.

The network and support I need is becoming available to help me achieve my goals.

My hard work is already paying off.

Every day I focus on the next step to take. I am determined.

I trust that I am being led toward the best and highest fulfillment of my goals.

I express and embrace my femininity with joy.

My voice is loud and my message is true and authentic.

I am equal in opportunity, equal in ambition, equal in abundance and equal in love.

I honour the woman that I am. I let her be free to express as she wishes.

I am a warrior and I am proud of myself.

I radiate nothing but pure love and joy to all I meet.

I am whole, complete and perfect just as I am, right where I am at.

I am more than capable of bringing my dreams to life.

I choose to be on my side. All of my thoughts are pointed toward my positive intentions.

I release all negativity that is blocking the true expression of who I am.

I am healthy. I am breathing. I am alive. I am thankful.

I release all worry, all thoughts of past and future. I am here, now.

My core is always calm, always relaxed, always peaceful and always filled with love.

Today I declare that I am accepted and loved by any and every one I meet.

I have a divine purpose in life and it is clearly revealed to me.

I prosper in health. I prosper in finances. I prosper in love. I prosper in peace.

I wake up each morning excited to pursue my passion which provides generous financial prosperity.

I deserve success, and I am already successful.

I prosper in everything I do, in every area of my life.

I attract success with each thought I think.

Wealth and abundance is drawn to me every day.

My circumstances are changing and I attract only good things in my life.

I know that the world is limitless. I notice opportunity all around me.

I desire the greatest of good for everyone I meet.

I am open to success and I am willing to be successful.

I am no longer fearful as I step into the success of accomplishing my dreams.

I am confident that success is a passionate, joyful experience.

I am humble. I am willing. I am open. I am respectful. I am teachable always.

I gain value from everyone I come in contact with, just as they gain value from me in some way.

I am grounded in my commitment to who I am. Success will only add to my life.

Success will not change my core values, relationships and passions in a negative way.

I am successful and people are proud of me, excited for me and always encouraging.

All fear is gone. I am endlessly beautiful. I am incredibly strong.

I am blessed, I am humble and I am thankful always.