



## **Daily Affirmations**

**Please read these affirmations in the morning and evening!**

1. Today, I choose me.
2. I love my body and all it does for me.
3. My inner world creates my outer world.
4. I alone am whole.
5. I have everything I need within myself.
6. I have the power to change my world.
7. I have much to celebrate about myself and my life.
8. I choose to stop apologizing for being me.
9. I let go of negative self-talk.
10. I believe in me.
11. My life is a place of happiness and love.
12. I love the woman that I am.
13. I say no with ease.
14. I am more than a body.
15. I am not my mistakes.
16. I am growing and learning each and every day.
17. I lovingly embrace all my fears.
18. I am deserving of happiness, love, peace, freedom, money and anything else I desire.



19. I accept myself unconditionally.
20. I respect my accomplishments and celebrate my successes.
21. The only approval I'll ever need is mine.
22. I radiate love, peace and happiness.
23. What I give is what I receive.
24. I am loved.
25. I am a work of art, cherished and admired.
26. I am beautiful.
27. I am free to make my own choices and decisions.
28. I accept compliments easily.
29. I accept others as they are and they in turn accept me as I am.
30. I choose not to take it personally.
31. I deserve all that is good.
32. I rock people's socks.
33. I'm a diamond already. It's time to shine.
34. I radiate confidence, self-respect and inner harmony.
35. I release any need for misery and suffering.
36. I am fierce
37. My body, mind and soul are the picture of perfect health.
38. I am balanced.
39. I honour my inner voice.
40. I am abundant.
41. I am safe. I am supported. I am protected.
42. I am never alone. The universe supports me and is with me at every step.
43. I choose to be grateful for all that I have.



- 44. I am powerful beyond my wildest dreams.
- 45. My voice is valuable and my opinion matters.
- 46. The universe is conspiring to help me succeed.
- 47. I am delightful.
- 48. I am not afraid to feel my feelings.
- 49. My mind is filled only with loving, healthy, positive and prosperous thoughts.
- 50. I consciously release the past and live only in the present.
- 51. I attract wonderful people into my life.
- 52. I am a magnet of love.
- 53. I am exactly where I need to be.
- 54. I release the need to judge myself and my body.
- 55. Self-love comes to me with ease.
- 56. My relationship with my body is one of perfect harmony.
- 57. I trust my body's natural wisdom.
- 58. I feel at peace with my appearance.
- 59. I feel completely comfortable with myself and accept myself with love, respect and appreciation.
- 60. I choose to see this differently.
- 61. Even though I don't feel worthy right now, I know deep down that I am worthy of love, forgiveness and healing.
- 62. I am open to receive.
- 63. I see my struggles as opportunities to grow and learn.
- 64. Nothing stands in the way of my self-love. I can choose self-love now.
- 65. I see my body as my best friend.
- 66. I nourish my soul and answer to my true hungers.



- 67. The more I practice loving myself, the more loveable I become.
- 68. I have my back.
- 69. I am not my body, I am free.
- 70. My body is the vehicle to my dreams.
- 71. I embrace my flaws knowing that nobody is perfect.
- 72. I am infinite, eternal and love.
- 73. I am true.
- 74. I am certain.
- 75. My body's purpose is to be love and share love.
- 76. I let love in.
- 77. I am wanted.

I Love – Love – Love myself...

I love – Love –Love my life....