

Affirmations

When you feel lonely and sad:

1. I feel the love of those who are not physically around me.
2. I take pleasure in my own solitude.
3. I am too big a gift to this world to feel self-pity.
4. I love and approve of myself.

When you feel terrified (without your safety being in danger):

5. I focus on breathing and grounding myself.
6. Following my intuition and my heart keeps me safe and sound.
7. I make the right choices every time.
8. I draw from my inner strength and light.
9. I trust myself.

When you feel insignificant:

10. I am a unique child of this world.
11. I have as much brightness to offer the world as the next person.
12. I matter and what I have to offer this world also matters.
13. I may be one in 7 billion but I am also one in 7 billion.

When you are nervous or afraid:

14. I trust my inner wisdom and intuition.
15. I breathe in calmness and breathe out nervousness.
16. This situation works out for my highest good.
17. Wonderful things unfold before me.

When you are angry:

18. I forgive myself for all the mistakes I have made.
19. I let go of my anger so I can see clearly.

20. I accept responsibility if my anger has hurt anyone.
21. I replace my anger with understanding and compassion.
22. I offer an apology to those affected by my anger.

When you feel hopeless and at the end of your rope:

23. I may not understand the good in this situation but it is there.
24. I muster up more hope and courage from deep inside me.
25. I choose to find hopeful and optimistic ways to look at this.
26. I kindly ask for help and guidance if I cannot see a better way.
27. I refuse to give up because I haven't tried all possible ways.

When you feel conflicted about a decision:

28. I know my wisdom guides me to the right decision.
29. I trust myself to make the best decision for me.
30. I receive all feedback with kindness but make the final call myself.
31. I listen lovingly to this inner conflict and reflect on it until I get to peace around it.
32. I love my family even if they do not understand me completely.
33. I show my family how much I love them in all the verbal and non-verbal ways I can.
34. There is a good reason I was paired with this perfect family.
35. I choose to see my family as a gift.
36. I am a better person from the hardship that I've gone through with my family.

When you are among friends:

37. I choose friends who approve of me and love me.
38. I surround myself with people who treat me well.
39. I take the time to show my friends that I care about them.
40. My friends do not judge me, nor do they influence what I do with my life.
41. I take great pleasure in my friends, even if we disagree or live different lives.

When you are around strangers:

- 42. I am beautiful and smart and that's how everyone sees me.
- 43. I take comfort in the fact that I can always leave this situation.
- 44. I never know what amazing incredible person I will meet next.
- 45. The company of strangers teaches me more about my own likes and dislikes.

When you are at work:

- 46. I am doing work that I enjoy and find fulfilling.
- 47. I play a big role in my own career success.
- 48. I do not settle for meaningless, boring, and frustrating work.
- 49. I engage in work that impacts this world positively.
- 50. I believe in my ability to change the world with the work that I do.

When you can't sleep:

- 51. Peaceful sleep awaits me in dreamland.
- 52. I let go of all the false stories I make up in my head.
- 53. I release my mind of thought until the morning.
- 54. I embrace the peace and quiet of the night.
- 55. I sleep soundly and deeply and beautifully into this night.

When you don't want to face the day:

- 56. This day brings me nothing but joy.
- 57. Today will be a gorgeous day to remember.
- 58. My thoughts are my reality so I think up a bright new day.
- 59. I fill my day with hope and face it with joy.
- 60. I choose to fully participate in my day.

When you worry about your future:

- 61. I let go of worries that drain my energy.
- 62. I make smart, calculated plans for my future.

63. I am a money magnet and attract wealth and abundance.
64. I am in complete charge of planning for my future.
65. I trust in my own ability to provide well for my family.

When you can't get your loved ones to support your dreams:

66. I follow my dreams no matter what.
67. I show compassion in helping my loved ones understand my dreams.
68. I ask my loved ones to support my dreams.
69. I answer questions about my dreams without getting defensive.
70. My loved ones love me even without fully grappling with my dreams.
71. I accept everyone as they are and continue on with pursuing my dream.

When you come face to face with a problem:

72. I am safe and sound. All is well.
73. Everything works out for my highest good.
74. There is a great reason this is unfolding before me now.
75. I have the smarts and the ability to get through this.
76. All my problems have a solution.

When you want to do more with your life but feel stuck:

77. I attempt all – not some – possible ways to get unstuck.
78. I seek a new way of thinking about this situation.
79. The answer is right before me, even if I am not seeing it yet.
80. I believe in my ability to unlock the way and set myself free.

When you can't stop comparing yourself to others:

81. I have no right to compare myself to anyone for I do not know their whole story.
82. I compare myself only to my highest self.
83. I choose to see the light that I am to this world.

84. I am happy in my own skin and in my own circumstances.
85. I see myself as a gift to my people and community and nation.

When you feel you are not good enough no matter how hard you try:

86. I am more than good enough and I get better every day.
87. I give up the habit to criticize myself.
88. I adopt the mindset to praise myself.
89. I see the perfection in all my flaws and all my genius.
90. I fully approve of who I am, even as I get better.
91. I am a good person at all times of day and night.

When you want to give up:

92. I cannot give up until I have tried every conceivable way.
93. Giving up is easy and always an option so let's delay it for another day.
94. I press on because I believe in my path.
95. It is always too early to give up on my goals.
96. I must know what awaits me at the end of this rope so I do not give up.

When you recognize how powerful, gifted, talented and brilliant you really are:

97. The past has no power over me anymore
98. I embrace the rhythm and the flowing of my own heart.
99. All that I need comes to me at the right time and place in this life.
100. I am deeply fulfilled with who I am.