

The Power of Positive Affirmations for Success and Happiness



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Affirmations for
Success and Happiness**

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Confidence and Self-Esteem

I grow more confident and stronger each day.

I am the architect of my life. I design its structure.

I build my life's foundation and choose its contents.

I love myself and feel great about myself.

I accept myself unconditionally.

Getting started with Positive Affirmations

Have you ever seen someone wearing the business suit, who walked into the store with such an air of confidence that you were sure they must be the owner?

At the time, you may have thought,

"I wish I could be that successful and confident."

Then, there was the time you saw the man at the park, with a bunch of kids. They were all laughing, playing, having a great time, and enjoying life to its fullest.

As you watched, you may have smiled and thought,

"I wish I could be that happy and carefree."

Unfortunately - **wishing won't make you more successful or any happier.**

However, you don't have to spend the rest of your life on the outside, looking in.

Whether you want to be more successful, happier, or any of a million other things, you can change your status quo and your life, with the help of powerful, positive affirmations.

Unless your life is totally perfect, it is possible for you to create greater success and more happiness. In fact, you have infinite possibilities in your life.

Right now, your happiness and success "possibilities" are just sitting there...waiting.

- Are you tired of waiting?
- Are you ready to make your vision a reality?

I hope so because in this report, you'll learn how to develop your big picture, set the stage for success, turn your possibilities into probabilities, and transform your goals into rewarding realities, **using the power of positive affirmations.**

Get ready!

Get set!

Here we go...

Uncovering the Big Picture Details

Before you jump into using positive affirmations, look at your big picture to uncover the details about what you have, what you want, and what needs to change in order to achieve your goals.

The questions below, will get you started.

After you create the picture in your mind, of what you want to change, answer the following questions aloud, or write them down, for future reference. You will probably need to refer back to them.

Envision every area of your life filled with more **success**.

- What do you see?
- What area or part of your life came to mind first?
- How does it feel?
- What is different?
- Is it truly possible to be more successful?

Now, do the same thing for happiness - picture every area of your life filled with more **happiness**.

- What does it look like?
- What area came to your mind first?
- How does it feel?
- What changed?
- Is it truly possible for you to be happier?

The ability to envision what you want to achieve, and change is very important. The more often you do it, the easier it becomes.

As this happens, you'll begin adding more details each time you envision your "new life." The more detailed your vision is, the more likely you are to achieve the results you want.

Did you fudge and skip over the imagery part above? If so, go back and do it now ... it is the key to successfully using affirmations!

I mentioned that your possibilities are waiting - but what are they waiting for?

They are waiting for you to make meaningful changes to reach your goals. You've heard "**If you keep doing the same old things, you'll keep getting the same old results.**"

Well, that's your **call to action!**

To make changes, you **need to do four things**.

1. Create a Vision

Picture how your life will change when you achieve your goals. Envision this frequently to get the clearest picture and the most details. Chalk-up a success for yourself each time you imagine this "coming soon" place and time.

2. Set the Stage for Success

Now that you have a picture of your success in your mind, the second thing you'll need to do is believe that change is possible.

Before you can gain more happiness or anything else, you must believe that it is possible for you to make meaningful changes to yourself and your situation.

Even if you have a few doubts, that's okay. You will learn, make adjustments, and gain confidence as you go. The more firmly you believe something is do-able, the more likely you are to keep trying until you reach your goal.

3. Turn Possibilities into Probabilities

To increase the probability of reaching your ultimate goal, you need a well-thought-out action plan.

The plan should include a variety of carefully selected tools, resources, strategies, and goals. When you enhance your goals or "best possibilities" by creating and following a SMART plan, you increase your chances of making changes stick and living the life you envisioned.

4. Create SMART goals

Create your clear SMART goals and a plan, if you don't already have one. Otherwise, look at your existing goals and strategies, as they relate to your new vision.

- Do they support the "new" vision?
- Do they include the changes you want/need to make?
- Have you broken complex goals down into smaller, do-able goals?
- Are the goals prioritized by importance or sequenced accordingly?
- Are your goals SMART – Specific, Measurable, Achievable, Relative, and Time-based?

If your current goals do not support your new vision, you will need to write new goals or, at the very least, adjust your goals and your plan to incorporate new needs and strategies.

While many techniques and tools can help you achieve more success and happiness, positive affirmations are at the top of the "best tools" list.

Let's explore affirmation basics now.

Affirmation/Statement Types

Essentially, affirmations are statements said with confidence about a perceived truth.

The terms "affirmations" and "statements" are often used interchangeably.

However, when referring to the positive statements, used to help you make changes, the term "affirmations" is preferred.

Affirmations can be either negative or positive.

Let's begin with negative statements and affirmations first, because they may block or limit your successes, without you even realizing it.

The more you understand about negative statements, the easier it will be to identify, counteract, and overcome them with positive belief statements or affirmations, and other tools.

Negative Statements

You have probably experienced both positive and negative affirmations.

In fact, you may vividly remember a negative statement that hurt your feelings or made you feel bad about yourself.

They likely included the use of negative words such as:

- Don't
- Won't
- Am not
- Can't
- Shouldn't
- And never

... among others.

With a negative statement, you may have felt a strong emotion arise, such as

- Fear
- Anger
- Pain
- Sadness
- Worthlessness
- Etc.

Even when a statement is inaccurate or untrue, the subconscious mind automatically accepts these statements, as being true and the effect builds over time.

Because strong emotions are linked to negative statements, the memories and effects are likely to stick with you and nullify or override positive statements.

Even as an adult, you may discover that negative statements, made to you, during your childhood, still affect how you see yourself and others.

Until the age of 10 our brain can not differentiate between truth and falsehoods ... so the statement is stored as the truth and if repeated builds into a belief, which sticks with us thorough out our life.

In many cases psychotherapy, hypnotherapy or similar interventions are required to reprogram the mind to eliminate the negative effects of these statements.

Positive Statements

No matter what part of your life you want to change, positive affirmations can help you achieve your goals.

Changing your thoughts, beliefs, habits, and parts of your life take time.

If something is deeply engrained, it may take more effort to achieve your goal but the change will be life altering.

Positive affirmations can support and enhance your progress, from the first day by helping you to ...

- Develop a positive outlook
- Broaden your opportunities
- Counteract negative statements
- Focus on and achieve healthy goals
- Increase your confidence
- See yourself as a beautiful person
- Change unhealthy behaviors
- Take control of your life
- Respect and love yourself
- Modify your thought patterns
- Persevere to make progress
- Motivate yourself to take action
- And so much more.

Affirmation Sources

Affirmations come from two main sources – externally from other people and internally, your own self-talk.

If you grew up with negativity in your home or around critical people, you may still internally hear negative statements leftover from those days.

In fact, when you make a mistake now, you may be tempted to repeat the old, familiar, negative affirmation in your self-talk. If that happens, you have the power to overwrite the negative statements with positives and replace the negative feelings with self-love and acceptance.

If you grew up in a home with acceptance and encouragement, or around positive people, you probably heard less negativity. But, no matter how loving or positive people are, blunt, unguarded, and thoughtless words can slip out, hurting and discouraging someone.

While the frequency of negative statements does make a difference in how deeply something is engrained, even one instance can do a great deal of damage.

The good news is that the negative effects don't have to last a lifetime or affect people you care about.

You can overcome them and heal from the inside out, using these affirmations and possibly therapy, you can overwrite and replace those negative feelings with positive beliefs.

Affirmation Confirmations

The positive affirmations that you use to make changes and accomplish your goals are simply statements that **apply specifically to you** and that **you believe to be true**.

Ideally, you design and create your own personalized affirmations based on your needs and goals. These should be carefully worded to help you create change, within yourself.

It's very important that you say what you mean and mean what you say, when it comes to using positive affirmations. If you don't believe a statement is true, don't use it, as-is.

The affirmations you choose or create should confirm and/or reaffirm something positive about yourself and/or your situation. This is especially true in the beginning stages or if you have low self-esteem.

If you do have low self-esteem or a lack of self-worth, the affirmations are important to your progress. However, what's even more important is your ability to accept and respect yourself enough to be totally honest with yourself about how you feel and what you think.

This isn't about saying or doing things that please others. This is about you doing what's needed to become the best person you can be, and what it takes to make the changes needed to achieve your goals.

Here are several examples of basic affirmations as well as an altered version to make them believable and acceptable to the user.

A little bit later we will go into more detail about writing and personalizing your own affirmations, however, these give you an idea of what affirmations are.

- **I am a successful businessperson.** – If you don't believe that you are a successful businessperson, state something similar that you do believe such as, "I am learning to build a successful business."
- **I am filled with joy and happiness.** – If you have difficulty believing this, alter the affirmation to something you believe is true like, "I am happier when I smile frequently."
- **My work is very satisfying.** – If you don't believe this, try altering it to something similar that you do believe such as, "My work is meaningful to me."

Among the general public, there is some confusion about positive affirmations. In particular, the confusion involves how affirmations should be written or phrased and how to use affirmations to get the most benefit.

The next sections will help clarify these misunderstandings.

Writing/Altering Affirmations

Achieving your ultimate goals, and making the changes needed, depend greatly on your affirmations.

It's important that the affirmations are relevant to your goals and support you in achieving and maintaining your success.

As you know, your affirmations should be personalized to you and your goals.

Here are a few tips to help you write or alter affirmations specifically for your needs and preferences.

- Begin your affirmations with "I" or "My." Using this format puts you, the person talking, in charge of what is being said and it helps hold you accountable for following through.
- Write your affirmations in the present tense using words like am, is, are, etc. Avoid using future and past tense words.
- Don't begin your affirmations with "I want" or "I need."
- Make sure you use positive statements that relate to an aspect of achieving your goal.
- Add power to your affirmations by including positive feelings/emotions such as, "I am excited about meeting interesting people at the conference."

- Create affirmations that you believe are true and do-able. If you don't believe a statement, alter it slightly to include a factor that makes it work for you.
- As you write or alter affirmations, use words and phrases that inspire, motivate, and empower you on a personal level.

Note: While most people have better success using the "I/My" affirmation format, some people feel that the affirmations don't work for them and they give up. Affirmations are definitely not a "one size fits all" solution. Please don't give up. You may simply need to make an adjustment here or there, such as using a different statement format for a while.

Instead of using "I" or "My," phrase your affirmation so it sounds and feels as if a friend or loved one is saying it about you (3rd person.) This can be very helpful since we tend to believe what others say about us more readily than what we say about ourselves.

If the original affirmation is, "I am beautiful."

The new 3rd person format might be written as, "Jane (use your name) appreciates the classic beauty of her body."

Another alternative might be, "I like Jane's classic features."

This type of format can help differentiate your "old" patterns from your "new" thoughts and beliefs.

In addition, it can help you see things from a different perspective.

If you're in the process of dealing with something painful or traumatic, it can help you accept or acknowledge something, while distancing yourself a little from the related negative emotions and memories.

Try rephrasing the affirmations again, and if the 3rd person format helps you, keep using it but include "I/My" affirmations when possible.

In other words, work your way up to using the original format; but be gentle with yourself and your needs, as you make progress.

Another affirmation alteration you may want to try, if you're having trouble, is writing and saying the affirmation as a question, instead of a statement.

So, "I am healthy," might be rephrased as,

"Why am I healthy,"

or

"Why am I getting healthier each day?"

These types of questions give your brain food-for-thought during the day and even while you sleep.

Your brain is continually trying to answer questions, solve problems, and make sense of the day's events.

Give your brain something positive to work on.

This leaves less room and time for the negatives to sneak in.

While the affirmations themselves are very important, you need to use them effectively to get the most benefits.

Let's look at how to do that now.

Using Affirmations Effectively

One of the top questions people ask is, **"How often should I say my affirmations?"**

The answer varies and the short answer is, you should say your affirmations 3 times a day or more, if needed. Just as you customize affirmation phrasing to meet your needs, customize the frequency and timing, as well.

Another question people ask is, **"How quickly will I see results?"**

This probably isn't what you want to hear but, realistically, the time frame is different for each person and depends on multiple factors, which are specific to you.

For many people, the emphasis is on the "quick" part.

Remember, it took a long time for your thought patterns and habits to develop to their current state.

If you're most interested in how fast you can change something, you might need to begin by changing your mindset and priorities.

Focus on making steady progress toward your goal, first and foremost.

This is not about how fast you get there, but how long you stay, once you reach your destination.

Perseverance and staying power help you achieve and maintain the changes over the long-term. Developing these qualities as you make progress is important to your overall success and happiness.

With that in mind, implementing a few creative techniques, activities, and ideas can add an element of fun, making the entire experience more beneficial.

Let's look at how to use affirmations effectively, and have fun, as you make breakthrough after breakthrough.

Powerful Practices for Rewarding Results

Sometimes, reaching your goals and making changes stick can be difficult.

Using positive affirmations as part of your strategy can play a big part in your success.

However, positive affirmations are not a stand-alone solution.

Just saying or thinking positive words will only get you so far.

Consider the person who wants to lose weight. That person might use the positive affirmation, "I am losing weight." And as affirmations are not magic words that make things happen, it is unlikely this will result in any weight loss.

While there is power in words, the **real power is within you**, in

- **Your thoughts**
- **Your words**
- **Your actions.**

It takes all three of these ingredients, to reach your realistic goals.

For example, the person who wants to lose weight, must do things, in addition to saying, "I am losing weight."

They must change their eating habits and exercise routines as well as their mindset.

Achieving your goal requires that you take actions to change, as well as reminding yourself that you can and are making changes. This is where using your positive affirmations effectively comes into play.

You know that you can write your positive affirmations down and use them in your self-talk. But this can get a little boring, after a while, and you may find very soon, that you aren't as excited as you once were.

To help you stay motivated, interested, positive, and on course, here are a few fun and creative ways to slip affirmations into your daily routines to get an extra dose of inspiration, motivation, determination, etc.

Use as many learning styles and senses as possible to reinforce your affirmations.

Enhance and vary the ways you use your affirmations, beyond the basics, by adding to them to generate enjoyment, renewed determination, and a feeling of accomplishment to your experience.

Here are a few simple ways, you can incorporate fun and beneficial activities with your positive affirmations.

These are sorted by the learning style or related senses.

Integrate Print (Reading and Writing) with Affirmations

1. Record your affirmations in an app, which sends you a "reminder"
2. Read an article about the topic of today's affirmation
3. Write about your affirmation in your personal journal
4. Search the Internet for humorous content, related to your affirmation or goal

Combine Aural (Listening) with Affirmations

1. Have a trusted friend record your 3rd-person affirmations (using your name instead of the "I/My" format.) Listen to this recording when you have self-doubt or need "evidence" that the affirmation is true
2. Listen to your favorite speaker talk about the topic of your affirmation
3. Create a song playlist that supports or has a similar message to your affirmations
4. Purchase a professional recording or course on how to use affirmations effectively

Connect Haptic (Touch) with Affirmations

1. Associate a texture/textile with each affirmation. Ex. Security – blanket/yarn
2. Draw or sketch in your personal journal, how you envision your affirmation looks. Include yourself in the picture, when appropriate.
3. Put together puzzles that inspire you or remind you of your affirmation/goal.

Couple Verbalization (Talking) with Affirmations

1. Sing your affirmation to a familiar tune, such as "Row, Row, Row Your Boat."
2. Turn affirmations into a cadence chant or song (military marching song)

Tie in Kinesthetic (Body Movement) with Affirmations

1. Use the cadence chant, created from your affirmation/goal, when riding a bike, walking, jogging, or exercising.
2. Take a walk and look for things that remind you of your affirmation. Write down examples of what you saw and why each reminded you of your affirmation.

Associate Olfactory (Smell or Taste) with Affirmations

1. Make a list of scents or tastes you associate with the related emotion or result in your affirmation/goal. Ex. Lavender – relaxing, Lemon – rejuvenating
2. Incorporate aromatherapy into your day to help you achieve the mindset/emotion associated with your affirmation or goal.

Relate Visuals (Images, Video, Graphs) with Affirmations

1. Create a "vision board" that include images or other visual items to help you "see" or envision your affirmation or your goal.
2. Find or create a visual that represents or depicts your affirmation or related goal.
3. Create a collection of affirmation or goal related images that inspire you. Tag them with the emotions or feelings you experience when you look at them.
4. Take photos of scenes and events that inspire and motivate you.
5. Have a professional voice over artist or hypnotherapist create a personal recording of your affirmations

These are just a few of the many ways that you can make your affirmations more effective, interesting, and fun.

As you incorporate your affirmations into more areas of your daily life, you'll find that additional activity ideas just seem to come to you. So, make sure you have a place to make notes about this and related info. Using a personal journal is a great way to keep your information organized.

Your dreams for a better, more successful, and happier life are important.

They are within your grasp, when you use positive affirmations, your power tool for achieving goals.

Using positive affirmations effectively, can turn each dream into a reality and even transform your life.

Don't give up on yourself or your dream.

You will find a table of 365 positive affirmations to help get you started on your new journey.

Always keep in mind that these are generic affirmations, gathered from many sources, and need to be edited for your personal use.

Your affirmations **MUST** relate to, be true, and support your new goals.

Make whatever adjustments are necessary to ensure the affirmations take you one step closer to your new goal.

Confidence-Self-Esteem Affirmations

1. I grow more confident and stronger each day.
2. I am the architect of my life. I design its structure.
3. I build my life's foundation and choose its contents.
4. I love myself and feel great about myself.
5. I accept myself unconditionally.
6. I see problems as interesting challenges.
7. I radiate confidence.
8. I thrive on challenges that bring out the best in me.
9. I have confidence in my abilities and skills.
10. I make sound decisions.
11. I am bold and courageous.
12. I face difficulty with courage.
13. I am worthy of happiness and love.
14. I am optimistic about the future.
15. The future holds all kinds of pleasant surprises.
16. I trust in my ability to create a fabulous future.
17. I let go of worries and replace them with excitement and optimism.
18. I have all it takes to make my dreams a reality.
19. I am a kind and unique person with a lot to offer.
20. I enjoy my own company as I get in touch with my true self.
21. I rejuvenate every part of my being with the help of solitude.
22. I am at peace and happy when I'm alone.
23. I brighten another person's day by doing something with them.
24. My intuition and wisdom guide me in the right direction.
25. I have faith in myself to make the best decision possible.
26. I have confidence in my decisions.
27. I make decisions that always lead to something positive, in time.
28. I consider how my decisions affect others to make responsible choices.
29. I practice my skills each day to attain greatness.
30. I believe in my ability to overcome setbacks.
31. I replace negative criticism with encouraging statements.
32. Even my "flaws" have good and helpful aspects.
33. I always do my best because it helps me grow.
34. I feel the love of those who are not physically with me.
35. I take pleasure in my own solitude.
36. I love and approve of myself.
37. I focus on breathing to ground myself.
38. Following my intuition and my heart keeps me safe and sound.
39. I make the right choices every time.
40. I draw from my inner strength and light.

41. I trust myself to be honest with myself and others.
42. I am a unique child of this world.
43. I am an inspiration to others.
44. I matter and what I have to offer also matters.
45. I trust my inner wisdom and intuition.
46. I breathe in calmness and breathe out nervousness.
47. This situation works out for my highest good.
48. Wonderful things unfold before me.
49. I forgive myself for things I have done in the past.
50. I let go of my anger so I can see clearly.
51. I accept responsibility for the consequences of my anger.
52. I replace my anger with understanding and compassion.
53. I offer a heart-felt apology to those affected by my anger.
54. I know my wisdom guides me to the right decision.
55. I trust myself to make the best decision for me.
56. I receive all feedback with appreciation.
57. I listen lovingly to this inner conflict and reflect on it until I find peace about it.
58. I love my family even if they do not understand me completely.
59. I show my family I love them in verbal and non-verbal ways.
60. I am paired with this family because we are well matched.
61. I choose to see my family as a gift.
62. I am a better person because of my hardships and achievements.
63. I refuse to give past events power over my present or future.
64. I embrace the rhythm and the flow of my own heart.
65. All that I need comes to me at the right time and place in this life.
66. I am delighted with who I am.
67. I am much more than adequate; I'm phenomenal!
68. I give up the habit of criticizing myself.
69. I develop the mindset to praise myself.
70. I fully approve of who I am, even as I better myself.
71. I am a good person at all times of the day and night.
72. When I breath, I inhale confidence and exhale doubt.
73. I love meeting new people and approach them with confidence and interest.
74. I live in the present and am confident of the future.
75. My personality exudes confidence because I am bold and outgoing.
76. I am self-reliant, creative, and persistent in everything I do.
77. I am energetic, enthusiastic, and confidence is my second nature.
78. I am a problem-solver and always find the best solution.
79. I love change and easily adapt to new situations.
80. I am well groomed, healthy, and full of confidence.
81. My outer self matches my inner well-being.
82. I thrive on self-confidence, which chips away at all my doubts.

83. I focus only on the good in others.
84. I attract positive, confident people because I am one of them.
85. I approve of myself and love myself completely.
86. I feel good about the direction of my life and being me.
87. My inner wisdom is my best guide.
88. I have integrity, am reliable, and true to my word.
89. I act from a place of personal security.
90. I accept that I am worthy of great things in life.
91. I choose to be proud of myself.
92. I find deep inner peace within myself.
93. I fill my mind with positive, nourishing thoughts.
94. My confidence, self-esteem, and inner wisdom increase each day.
95. I choose not to compare myself to others because we are all different.
96. I compare myself only to my highest self.
97. My life, experiences, beliefs, and actions inspire and benefit others.
98. I am happy in my own skin and in my own circumstances.
99. I see myself as a gift to people in my community and nation.
100. I am safe and sound. All is well.
101. Everything works out for my highest good.
102. There is an important reason that this is unfolding now.
103. I have the intelligence and the ability to get through this.
104. I can solve my problems through my diligence.
105. I follow my dreams no matter what.
106. I am patient when helping loved ones understand my dreams.
107. I ask my loved ones to support my efforts.
108. I answer questions about my goals without getting defensive.
109. I am loved even when people don't share my dreams.
110. I accept everyone as they are and continue to pursue my dreams.

Relationships and Love Affirmations

111. My partner is coming into my life sooner than I expect.
112. My heart is always open.
113. I am surrounded by love.
114. I love unconditionally and without hesitation.
115. I am loved and appreciated by those around me.
116. Love and appreciation follow me everywhere I go.
117. Love, forgiveness, and understanding are the foundation of my relationships.
118. I give and receive love in equal measures.
119. I accept my partner unconditionally.
120. I am treasured for who I really am.

121. My relationship is becoming stronger, deeper, and more loving.
122. My friendships are meaningful, supportive, and rewarding.
123. My friends love me for who I am.
124. I have long-lasting friendships because I accept others, unconditionally.
125. I attract positive people, who become life-long friends.
126. I surround myself with friends who care about me and treat me well.
127. I can tell the difference between fair-weather friends and true friends.
128. I surround myself with people who treat me well.
129. I take the time to show my friends that I care about them.
130. My friends do not judge me.
131. I take great pleasure in my friends and our differences.
132. I feel relaxed and comfortable around other people.
133. I enjoy meeting new people and initiate conversations.
134. I am outgoing and enrich other people's lives.
135. I'm excited about the amazing people I meet today.
136. I'm easy to talk to and make others feel at ease.
137. I take comfort in the fact that I can always leave a situation.
138. I am amazed by the creativity of the people I meet.
139. The company of strangers teaches me more about myself.
140. I radiate love and others reflect love back to me.
141. I am loving and lovable.
142. My romantic relationship is healthy, long lasting, and full of love.
143. My partner is kind, compassionate, and understanding.
144. My marriage grows stronger, deeper, and more stable each day.
145. I am with my soulmate and we share a life full of love.
146. Life is full of love and I find it everywhere I go.
147. My relationship is divine and we are perfectly matched.
148. My partner and I have a deep understanding.
149. Forgiveness and compassion are the foundation of my romantic relationship.
150. It is easy for me to look in the mirror and say, "I love you."
151. My words are always kind and loving.
152. I receive kindness and love multiple times a day.
153. Every day of my life is filled with love.
154. My communication with my partner is loving and kind.
155. Everything about me is lovable and worthy of love.
156. I am a loving, kind person who deserves true love.
157. I wake up every morning filled with joy.
158. I face each day with the support and love of my partner.
159. All of my relationships are based on mutual love and compassion.
160. My partner and I share a deep and powerful love.
161. I respect and admire my partner and see the best in him/her.
162. I love my partner exactly how he/she is and enjoy his/her unique qualities.

- 163. My partner and I share emotional intimacy via talk and touch.
- 164. I have healthy boundaries with my partner.
- 165. My partner and I have fun together.
- 166. My partner and I find new ways to enjoy time together.
- 167. My partner and I resolve conflict peacefully and respectfully.
- 168. I am able to be completely authentic in my love relationship.
- 169. I communicate my desires and needs clearly and confidently with my partner.
- 170. I want the best for my partner and support him/her.

Prosperity and Abundance Affirmations

- 171. I am surrounded by abundance.
- 172. I attract money effortlessly and easily.
- 173. I continuously discover new avenues of income.
- 174. I am open to all the wealth life has to offer.
- 175. I use money to better other people's lives.
- 176. I attract lucrative opportunities to create money.
- 177. I see abundance everywhere.
- 178. I am more and more prosperous every day.
- 179. My life is full of prosperity.
- 180. I deserve abundance and prosperity.
- 181. I am a money magnet, attracting wealth and abundance.
- 182. I instantly manifest my desires.
- 183. I manage my money wisely.
- 184. I'm eager and willing to share abundant gifts and blessings.
- 185. I am sometimes meant to deliver a gift/blessing rather than keep it.
- 186. I always have whatever I need.
- 187. I am destined to find prosperity in everything I do.
- 188. I am thankful for the abundance I have in my life.
- 189. My gratitude and appreciation attract abundance of every kind.
- 190. I maintain my wealth so I can help others.
- 191. I enjoy my prosperity and share it freely with the world.
- 192. I am responsible for being a good steward of the abundance and wealth provided.
- 193. I rejoice for others who are prosperous and share the abundance.
- 194. I pay bills before they are due to share the wealth with the company's employees.
- 195. Today is the future I created yesterday. Tomorrow will be even better!

Health Affirmations

- 196. I am healthy, energetic, and optimistic.
- 197. Every day I get healthier and more fit.
- 198. I care for my body by eating a healthy, well-balanced diet.
- 199. I exercise regularly to strengthen my body.
- 200. My body vibrates with energy and health.

201. I am completely pain free and my body is energized.
202. I nourish my body with healthy foods.
203. My body systems function perfectly.
204. My body is healing, and I feel better every day.
205. I enjoy exercising and strengthening my muscles.
206. I release stress in my body with every exhaled breath.
207. I send love and healing to every organ of my body.
208. I breathe deeply, exercise regularly, and feed my body nutritious food.
209. I pay attention to what my body needs for health and vitality.
210. I sleep soundly and peacefully.
211. I am surrounded by people who encourage and support healthy choices.
212. My immune system is strong and deals with any bacteria, germs, or viruses.
213. My body, mind, and soul work together efficiently to keep me healthy.
214. I love everything about my body.
215. I appreciate my body's unique traits.
216. I am thankful for the shape of my body.
217. My body is beautiful and appealing.
218. I stay up to date about my health issues.
219. I take care of my body and exercise every day.
220. My body is healthy and full of energy.
221. I am very grateful I am at this weight.
222. I crave healthy, nutritious foods.
223. I love the taste of fruits and vegetables.
224. I appreciate every cell in my body.
225. People find me sexy and desirable.
226. I am filled with excitement when I look in the mirror.
227. I am grateful for my life force and energy.
228. Everything I think, say, and do makes me healthier.
229. I crave new, healthy experiences.

Work and Career Affirmations

230. My job adds satisfaction and fulfillment to my life.
231. My career provides me the right opportunities to grow.
232. I am valued and appreciated at my workplace.
233. I perform my duties with the greatest diligence and attention.
234. My work has a profound impact on this world.
235. I enjoy and find my work fulfilling.
236. I play a big role in my own career success.
237. I engage in work that inspires others in my profession.
238. I believe in my ability to change the world with the work that I do.
239. My work/business makes a profound difference in this world.

- 240. I am building a successful business.
- 241. I create value with my services.
- 242. My business is a gift to this world.
- 243. I am better businessman/businesswoman because of my mistakes.
- 244. I further my career with every action I take.
- 245. I have my dream job.
- 246. I love every day that I work.
- 247. My career brings me closer to my family.
- 248. My job brings me financial abundance.
- 249. My coworkers love being around me.
- 250. My boss values the work I do.
- 251. I am a valued employee.
- 252. My clients appreciate and value my work.
- 253. I attract new clients every day.
- 254. My positive attitude, confidence, and good work attract new opportunities.
- 255. I am enthusiastic and excited about my work.
- 256. My enthusiasm about my job is contagious.
- 257. My workplace is peaceful and full of praise.
- 258. I speak positively about my coworkers.
- 259. My coworkers speaking positively about me.
- 260. I am rewarded for doing my best.

Motivation-Encouragement

- 261. Every choice I make leads to bigger and better opportunities.
- 262. I find something positive about every situation.
- 263. I find optimistic ways of dealing with difficulties.
- 264. I find ways to praise others and offer helpful suggestions.
- 265. I find the best solutions to problems by listening and learning from others.
- 266. I gain valuable insights from today's experiences.
- 267. Today, I make a commitment to give others what I want to receive.
- 268. I use strategies that motivate me to move forward.
- 269. I look at things from multiple perspectives to see the big picture.
- 270. I choose to participate fully in my day.
- 271. I take a mini break from the problem to let my subconscious find the answer.
- 272. I seek a new way of thinking about this situation.
- 273. My answer is before me, as I look carefully at the details.
- 274. I believe in my ability to find and navigate the path that's right for me.
- 275. I release my need to have the approval of others.
- 276. I gain joy, fulfillment, and happiness from this day.
- 277. I have all it takes to make this day productive.
- 278. I face difficulties with courage and determination.

- 279. I am excited to see today's blessings revealed.
- 280. New and exciting opportunities manifest in my life continually.
- 281. I always find ways to get back on track.
- 282. I choose to free myself from all negativity that hampers my progress.
- 283. I am in control of my life.
- 284. I believe in my ability to gain valuable insights from this situation.
- 285. I have faith in my ability to pursue my dreams no matter what.
- 286. My family and friends support me, even if they don't share my dreams.
- 287. I help others to accomplish their dreams.
- 288. I have compassion when others don't understand my dreams.
- 289. I have all the support and help I need.
- 290. I am successful in whatever I do.
- 291. I can become successful in life using lessons from mistakes.
- 292. I am successful because I leave no stone unturned.
- 293. I attract success.
- 294. I pursue success that is personalized specifically for me.
- 295. I know what motivates me best and use it to my advantage.
- 296. I remind myself why I want to achieve my goal, so I don't give up.
- 297. I press on because I believe my path will prepare me for success.
- 298. It is always too early to give up on my goals.

Peace and Happiness

- 299. My most important goal is to be at peace, regardless of the situation.
- 300. I make a conscious choice to be happy.
- 301. My body is relaxed. My mind is calm. My soul is at peace.
- 302. I feel joy and contentment in this moment.
- 303. I awaken feeling happy and enthusiastic about life.
- 304. I can tap into a wellspring of inner happiness anytime I wish.
- 305. I inspire myself and others to be happy by modeling how to do it.
- 306. I have fun in all of my endeavors, even the most mundane.
- 307. I look at the world around me and can't help but smile and feel joy.
- 308. I find joy and pleasure in the simple things of life.
- 309. I have an active sense of humor and love to laugh with others.
- 310. My heart is overflowing with joy.
- 311. I am brimming with energy that lifts my spirits throughout the day.
- 312. I rest peacefully and soundly, knowing all is well in my world.
- 313. I focus on the details of the present moment.
- 314. I am focused and engaged in the current task.
- 315. I am grateful for this moment, which enriches my life.
- 316. I observe my thoughts and actions without judging them.

317. I participate fully in all of my relationships.
318. I make even everyday events memorable, happy occasions.
319. I accept and embrace all experiences, even unpleasant ones.
320. I observe my emotions without getting attached to them.
321. I meditate easily without resistance or anxiety.
322. I release the past and live fully in the present moment.
323. I stay calm in frustrating situations.
324. I forgive myself and others.
325. I am at peace with my past, present, and future.
326. Compassion and understanding help me to overcome anger and gain peace.
327. My intuition and inner wisdom guide me in every situation
328. I inhale deeply and let peace and happiness fill my mind and body.
329. I am responsible for my own happiness, so I've got this covered.
330. I feel wonderfully peaceful and relaxed.
331. I let go of everything that worries me to make room for peace and happiness.
332. My mind is at peace and all tension has left my body.
333. I am able to fall into a deep and relaxing sleep.
334. I am so relaxed I am ready to fall asleep.
335. I breathe deeply and close my eyes to find that peaceful sleep is only a few blinks away.
336. I release my mind of thought until the morning.
337. I embrace the peace and quiet of the night.
338. I sleep soundly, deeply, and beautifully into this night.
339. I let go of worries that drain my energy.
340. I make smart, calculated plans for my future.
341. I am in complete charge of planning for my future.
342. I trust in my ability to provide for my family and their happiness.
343. I feel calmness and confidence wash over me with every deep breath I take.
344. Every day, I am more peaceful and happier, than the day before.
345. My calm and relaxed state energizes my whole being.
346. All the muscles in my body relax.
347. All negativity and stress evaporate from my body and my mind.
348. I breath in relaxation and breath out stress.
349. I remain calm and centered, even when there is chaos around me.
350. I have a calm inner peace that fills my mind and body.
351. I rise above stress of any kind and live in peace.
352. I am calm, happy, content, and at peace.
353. My world is a peaceful, loving, and joy-filled place to live.
354. I sow the seeds of peace wherever I go.
355. I do my best to model ways to maintain a peaceful, happy life.
356. I surround myself with peaceful people.

- 357. My work environment is calm and peaceful.
- 358. My home is a peaceful sanctuary where I feel safe and happy.
- 359. In all that I say and do, I choose peace.
- 360. I release past anger and hurts, replacing it with serenity and peaceful thoughts.
- 361. I envision peace descending around me like a protective cloak.
- 362. I project peaceful thoughts and feelings into the world and beyond.
- 363. I respond peacefully in all situations.
- 364. I forgive those who harmed me and peacefully detach from them.
- 365. I choose to be happy, regardless of what the world or others want.

We have gathered together or created affirmations for each day of the year ... the original authors are no longer known, but we thank anyone who may have thought up these gems!

Use them effectively ... enter them in your journal or on your calendar ... focus on that day's affirmation with purpose ... understand it, feel it, embrace it, and live it!

There are times when more help may be needed, due to deeply embedded negative thoughts, limiting beliefs or fears.

There is no reason to live with these debilitating feelings as there is assistance available to help you overcome any trauma or belief that is controlling your life.

Seek help, if needed - most hypnotherapists offer a free consultation to those looking for help ... you will be so glad that you reached out!

Awaken Your Potential

Allan Curtis
Certified Professional Hypnotist

February 2020