

Daily Positive Affirmations

- 1 I feel a glorious dynamic energy. I'm alive and active.
- 2 I am grateful that life supports me in every possible way
- 3 I take brisk walks in the sunshine to invigorate my body and soul
- 4 As I forgive myself it becomes easier to forgive others
- 5 Every experience I have is perfect for my growth
- 6 I accept my power
- 7 My life is joyously balanced with work and play
- 8 I am unlimited in my wealth. All areas of my life are Abundant and fulfilling
- 9 I am safe
- 10 I look within to find my treasures
- 11 This is a new day I begin anew and claim and create all that is good
- 12 My heart is open I speak with loving words
- 13 Today I create a wonderful new day and a wonderful new future
- 14 I am at home in my body. All is well
- 15 I choose to release all hurt and resentment
- 16 You are a unique beautiful soul
- 17 All I seek is already within me
- 18 I am a joyful breeze entering a room
- 19 I draw love and acceptance in to my life and I accept it now
- 20 I rejoice in the love I encounter every day
- 21 I am one with the very power that created me
- 22 I am the only person who has control over my eating habits. I can always resist something if I choose to.
- 23 My self-esteem is high because I honor who I am
- 24 I am an open channel for creative ideas
- 25 All that I need to know at any given moment is revealed to me. My intuition is always on my side
- 26 I love every cell of my body
- 27 I feel safe in the rhythm and flow of ever-changing life
- 28 Today is going to be a really, really good day
- 29 I now free myself from destructive fears and doubts
- 30 We are all family and the planet is our home
- 31 I open my heart and sing the joys of love

-- Louise Hay

