

Hello there

On the following pages are some affirmations to help you get started on a positive internal dialogue. This is a useful way to focus on the good things in your life, so you can encourage more of what you want in your life. If you have been in the habit of telling yourself and others a negative story about your life, and you would like to start telling a more positive and inviting story, this is a good way to start. It may seem rather unnatural and artificial at first, but expect that it takes some time to be comfortable communicating positively about yourself and your life. Print out the pages including any personal add-ons on an A4 card, cut them apart and concentrate on one or two each day.

I breathe fully and
freely

My body is my
friend

I surround myself
with loving,
supportive people

I enjoy my work

I have wonderful,
supportive
relationships

I am going to have
an enjoyable day

I deserve love

I am safe and
secure

I am willing to
change

I am free

I can do anything I
set my mind to

Every part of my
body works
perfectly

I have boundless
energy and
enthusiasm

Everything in my
life goes smoothly

I deserve the best

I forgive myself

My home is clear
and clean

It is fun and
exciting to try new
things

It is safe for me
to be pampered and
loved

I choose to eat
healthy, pure,
nourishing food

My world is
beautiful
- and so am I

I am perfect just
the way I am

I let go

My life is full of
laughter and joy

Optimum health is
my divine
birthright

I love and approve
of myself

I enjoy physical
activity and taking
care of my body

I live the life I
choose in the way I
choose to live it

Every cell in my
body is healthy and
happy

I choose success in
life

I live in the
moment and joyfully
anticipate the
future

I am myself around
others

I trust myself

I choose to reflect
before I react

What I feel, is
what I think, is
what I do

I choose to be open
to other people

I am open to new
experiences

I eagerly
anticipate
encounters

Now add your own
affirmations...

Add your own
affirmation...

Add your own
affirmation...

...

...

...

...

...

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.