

# Daily Positive Affirmation Meditation



This is a meditation full of positive affirmations to improve yourself and your life for the better. Please find a quiet place and get comfortable. Relax your neck, your shoulders and all the muscles in your body. Release any tension you feel.

Take 3 deep breaths with me now. In... and out...In... and out...In... and out...

Feel the truth of these affirmations as you read them. You were led to this meditation for a reason. Read these words as though they are your own thoughts coming from within you.

I am relaxed.

I am calm.

I am me.

I am sunshine.

I am positive.

I am capable.

I am intelligent.

I am strong.

I am resilient.

I am healthy. I love to eat healthy food. I crave food that will nourish my body because it makes me feel good. The more healthy food I eat, the better I feel and the better I function. I drink lots of water and listen to my body when I am thirsty. I enjoy exercising regularly. Exercise improves my health and wellbeing. Exercising daily makes me feel good in my body and my mind. I am healthy. Because I am healthy, I think clearly.

I am mindful.


I notice my thoughts. When I notice thoughts that don't serve my best interest, I immediately forgive myself and let them go.

I consciously think positive things about myself because I deserve to feel good about myself.

I am a positive person. I am a good person.

I always do the right thing.  
I notice my thoughts and feelings.

I see challenges as opportunities to grow and become a better, more capable person. Challenges are exciting. Hard things are ok, something good always comes out of something difficult.

I love people. Interacting with people gives me energy. I always make an effort to connect with others. Human connection is where fulfilment can be found. I love  make other people happy. With every interaction I have, I leave the other person in a better place than they were before. Giving to others is good for everyone. Giving to others is good for me.

People are amazing. Every person is unique and something can be learned from every interaction. I listen to others. I am a good listener.

I am wise.  
I am vulnerable with others. It's ok to share my real feelings.  
I am honest.

I have a good relationship with money. I enjoy receiving money and spending money on things that make my life better. I have deep gratitude for every dollar I receive. I love the opportunity and freedom that money provides me.  
I love spending money on my friends and family to improve their lives. I deserve an abundance of money. Right now, I am training myself to become a wealthy person. I am becoming a wealthy person.

I use my money to make the world a better place. I feel good about spending money on myself because the things I buy with money make me happy.  
I have lots of money and I get to decide what I do with it.  
I love watching my bank account grow bigger and bigger.

I love my environment.  
I love the universe.  
I am happy.  
I am free. I work hard to stop my thinking from limiting me. My potential is abundant.  
I am limitless.  
I am important.  
I am powerful.

I know my emotions. I am very in touch with my feelings. I choose how to interpret my feelings. I choose positive behaviour in response to my feelings. I always know what the right thing to do is. I have self-control.  
I can make myself feel good emotions at any time. I can create love in my body and turn it on like a tap. Love is a choice, and the more I feel it, the easier and stronger it becomes.

I build the neural pathways in my brain so I can intentionally feel love on a regular basis.

Love is good for me and I deserve to feel this feeling.

Love burns strongly inside me and overflows my body. The love inside me is eternal and limitless. I can't help shining this bright light on others. My being positively affects everyone around me. People are drawn to my bright light because of the person I naturally am.

I am empathetic.

I think clearly.

I am productive.

I am successful.

I have more than enough to fulfil my needs.

I am at peace.

I am calm.



I know when it's time to relax.

I feel energetic throughout the day.

I am confident. I am even more confident around others. The more people around, the more confident I become.

I am aware. I notice the things around me. I notice the sounds, smells, temperature, people and I pick up on things quickly. I am mindful and present.

I am empowered. I know what to do each day and I do it with flow and ease.

I am organised and productive. I love getting things done. Getting things done makes me feel good about myself and motivates me to get more things done. Being productive is good for my mental health.

My mental health is always my first priority.

I can easily respond positively to any situation. Anything that triggers me is an opportunity for me to become a better person. If anything triggers me, I can stop, think and respond in the way that my higher self would. I always know what the right thing to do is. I choose to do the right thing as much as possible. I control my emotions. I notice my negative emotions and let them flow through me and out of me until they are not in me anymore. I choose the right way to respond no matter how I'm feeling.

I respond with love and positivity. Love is always the right answer. I have an infinite abundance of love inside me. The love inside me shines brightly like a sun. I can access the powerful love inside me at any time, it is always there. No matter what happens, I always have my sunshine and I use this light to guide my decisions.

I am logical.

I am smart.

I think about things objectively to solve problems when needed.

I am realistic.

I am curious.

I love to learn new things. I love to try new things. I am open minded.

I build good habits and maintain them daily. I know when I need to make a new habit and all it takes is doing it the first time and then consistency after that. Every habit I build gets easier every day. The more good habits I build, the easier my life becomes.



I am creative. I think of things that others don't.

I am resourceful. I put together the pieces and make new things out of what's already there.

I have common sense and use it to my advantage.

I do good things every day.

I am kind.

I fulfil my purpose every day by being a good person.

Everything that I need is already inside me, waiting to be accessed.

I can always rely on myself for protection and comfort. I go easy on myself. I am my best friend. I love myself and will do everything possible to make sure I am ok and happy.

It's ok, I am ok. Everything is better than ok. Everything is really good.

I am loved.

I am confident.

I am social.

I am beautiful. I like what I see when I look in the mirror.

I am doing very well with my life.

I am doing a good job.

I am on an upwards spiral and everything just keeps getting better and better.

I am happy.

I have so much gratitude for everything in my life.

I am so lucky and I have so much.

I am important and other people need me.

I show up to work because people need me.

I show up in my relationships because people need me and enjoy having me in their life.

I am good for the world.

I have so much love to give.

I make the most of the time I have here in this world.

I am here.

I am now.

I am sunshine.

Repeat daily.