

DAILY AFFIRMATIONS

Select one of the categories provided below. You can either use a pre-existing affirmation or create your own by completing the blanks.

Focusing on Self-Worth & Confidence

- "It is possible for me to feel truly worthy, even when I make mistakes."
- "I am in the process of becoming someone who believes in my own abilities, even though I've had setbacks."
- "I am open to believing I can shine brightly, even when I fear judgment."
- "I am willing to believe I am capable of speaking my truth, even when my voice shakes."
- "It is possible for me to value my unique contributions, even though I compare myself to others."
- "I am in the process of becoming someone who embraces my imperfections, even when society tells me I should be perfect."
- I am capable of feeling truly worthy, even when I _____.
- I am choosing to believe in my own abilities, even though I _____.
- I am allowing myself to shine brightly, even when I fear _____.
- I am capable of speaking my truth, even when _____.
- I am choosing to value my unique contributions, even though I compare myself to _____.
- I am allowing myself to embrace my imperfections, even when society tells me I should be _____.

Focusing on Abundance & Success

- "It is possible for me to attract opportunities, even when resources seem scarce."
- "I am in the process of becoming someone who receives success with ease, even though I've experienced financial challenges."
- "I am open to believing I can achieve my goals, even when the path seems uncertain."
- "I am willing to believe I am capable of seeing possibilities everywhere, even when challenges arise."
- "It is possible for me to act in alignment with my success, even though it feels unfamiliar."
- "I am in the process of becoming someone who celebrates my progress, even when I'm not yet at my goal."
- I am capable of attracting abundant opportunities, even when _____.
- I am choosing to receive prosperity with ease, even though _____.
- I am allowing myself to achieve my goals, even when the path seems _____.
- I am capable of seeing possibilities everywhere, even when _____.

- I am choosing to act in alignment with my success, even though it feels _____.
- I am allowing myself to celebrate my progress, even when I'm not yet at _____.

Focusing on Well-being & Peace

- "It is possible for me to find inner calm, even when my mind races with thoughts."
- "I am in the process of becoming someone who prioritizes my well-being, even though there are many demands on my time."
- "I am open to believing I can rest and recharge, even when I feel pressure to constantly be productive."
- "I am willing to believe I am capable of releasing tension from my body, even when I feel overwhelmed."
- "It is possible for me to nurture my emotional health, even though it feels difficult to confront uncomfortable feelings."
- "I am in the process of becoming someone who experiences joy and lightness, even when life presents difficulties."
- I am capable of finding inner calm, even when my mind _____.
- I am choosing to prioritize my well-being, even though _____.
- I am allowing myself to rest and recharge, even when I feel pressure to _____.
- I am capable of releasing tension from my body, even when I feel _____.
- I am choosing to nurture my emotional health, even though it feels difficult to _____.
- I am allowing myself to experience joy and lightness, even when _____.

Focusing on Relationships

- "It is possible for me to foster healthy connections, even when past experiences have been painful."
- "I am in the process of becoming someone who communicates openly and honestly, even though I'm afraid of rejection."
- "I am open to believing I can set healthy boundaries, even when I worry about disappointing others."
- "I am willing to believe I am capable of giving and receiving love freely, even when I feel undeserving."
- "It is possible for me to attract supportive people into my life, even though I've been hurt by previous relationships."
- "I am in the process of becoming someone who feels deeply connected, even when I'm feeling insecure."
- I am capable of fostering healthy connections, even when past experiences _____.
- I am choosing to communicate openly and honestly, even though I'm afraid of _____.
- I am allowing myself to set healthy boundaries, even when I worry about _____.
- I am capable of giving and receiving love freely, even when I feel _____.
- I am choosing to attract supportive people into my life, even though I've been hurt by _____.
- I am allowing myself to feel deeply connected, even when I'm feeling _____.