

**50** POSITIVE

AFFIRMATIONS

FOR WOMEN

OVER **50**

- 1. I am strong, capable, and resilient.*
- 2. My age is a testament to my wisdom and experience.*
- 3. I embrace every stage of my journey with grace I and confidence.*
- 4. I am worthy of love, respect, and success at any age.*
- 5. My life experience empowers me to overcome any challenge.*
- 6. I am beautiful, inside and out, just as I am.*
- 7. My age does not define my worth or potential.*
- 8. I am a source of inspiration and wisdom for those around me.*

9. I am proud of my accomplishments & the woman I have become.

10. I trust in my ability to navigate life's ups and downs with grace.

11. I am deserving of all the blessings that come my way.

12. My age only adds to my uniqueness & value.

13. I am constantly learning, growing & evolving.

14. I radiate confidence & inner strength.

15. I celebrate my age as a symbol of my resilience & endurance.

16. I am capable of achieving my dreams no matter how big or small.

17. I honor my journey and the lessons it has taught me.

18. I am empowered to create the life I desire.

19. I embrace my imperfections as part of my beauty and charm.

20. I am a beacon of positivity and inspiration for others.

21. I trust in my intuition to guide me towards my goals.

22. I am grateful for the wisdom that comes with age.

23. I am enough, just as I am, in this moment.

24. I attract abundance and prosperity into my life.

25. I am deserving of love, joy, and fulfillment.

26. *I am resilient in the face of adversity.*

27. *I am worthy of pursuing my passions and dreams.*

28. *I embrace the aging process with grace and acceptance.*

29. *I am a force to be reckoned with, unstoppable and fierce.*

30. *I am at peace with who I am and where I am in life.*

31. *I trust in the universe to guide me towards my highest good.*

32. *I am deserving of self-care and nurturing.*

33. *I am confident in my ability to handle whatever comes my way.*

34. *I am a valuable asset to my community and loved ones.*

35. I am proud of my age and all that I have accomplished.

36. I radiate positivity and attract positivity into my life.

37. I am worthy of taking up space and expressing my truth.

38. I am surrounded by love, support, and encouragement.

39. I am unstoppable in my pursuit of happiness and fulfillment.

40. I am grateful for the wisdom that comes with each passing year.

41. I embrace my age as a symbol of my strength and resilience.

42. I am empowered to create the life of my dreams.

43. *I am deserving of success, happiness, and abundance.*
44. *I trust in my ability to overcome obstacles and achieve my goals.*
45. *I am worthy of all the love and joy life has to offer.*
46. *I am confident in my abilities and trust in my intuition.*
47. *I am proud of the woman I have become and the journey it took to get here.*
48. *I am surrounded by opportunities for growth and fulfillment.*
49. *I am a valuable and irreplaceable member of my community.*
50. *I am enough, exactly as I am, and I embrace my age with pride and confidence.*

HOPE THESE AFFIRMATIONS HELP YOU  
BELIEVE IN YOURSELF LIKE I DO!!



*Love Deb xo*