


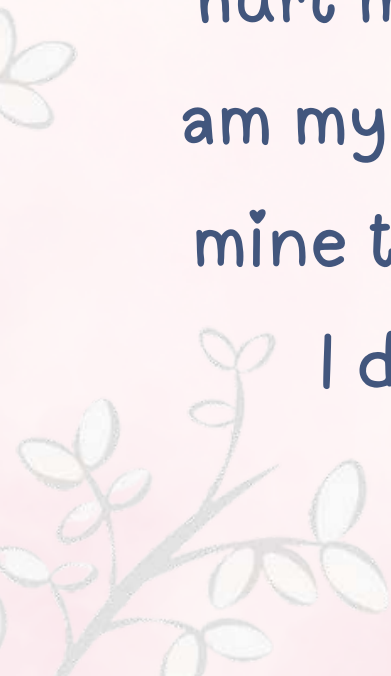



63

**Positive
Affirmations
For You**




My past trauma does not define my future. I am strong enough to heal from childhood. I am strong enough to cut people out of my life who do not value me. My worth is not defined by you. I free myself from negativity. I free myself from toxic people. I free myself from toxic situations. I free myself from those who have chosen to hurt me. I will treat myself as though I am my own best friend. My secrets are mine to keep. Other than my children, I do not owe anyone anything.





I deserve rest and relaxation. I
deserve sleep. I am a powerful
individual. I will always choose my
side. I am allowed to splurge on
myself. I am allowed a break from my
children, and that does not make me a
bad mom. I deserve a break from my
husband, and that does not make me a
bad wife. I deserve a break from my
wife, and that does not make me a bad
wife. I deserve a break from my
partner, and that does not make me a
bad partner. I deserve alone time. I
deserve time for myself. I deserve
friends.





I am open and willing to receive love. I

am open and willing to receive compliments. I am capable of building wealth. I deserve to become wealthy. I

am an understanding individual, and in return deserve to be understood. I


will not apologize for the healthy hobbies I enjoy. I will not apologize for


imposing healthy eating habits on myself and my children. I will not

apologize for my energy level. Some days I will make bad decisions, that


does not make me a bad person. I


deserve to have the career of my dreams. I will not apologize for being tired.







I will be brave enough to offer
second chances. I will be
courageous enough to forgive. I
am both loveable and loving. I am
worthy and valuable. I am
fabulous. I deserve a prosperous
life. I will no longer carry the
burden of low self-esteem. I will
no longer carry the burden of
guilt, I forgive myself. I will no
longer carry the burden of self-
doubt. I will not apologize for my
confidence. I am one in eight
billion.







I am a good provider for my family. I
am my children ' s home. I am my
children ' s safe place. I do not need
an expensive car, only one that is
reliable. I will trust in my God. I
value sincerity. I am a sincere
person. I will not avoid the mirror, I
will learn to love the reflection
staring back at me. I will not live in
fear of death. I will prioritize my
health. I will prioritize my
happiness. I will prioritize my
children ' s happiness. I will
prioritize my family ' s happiness. I
deserve comfort. I deserve second
chances.






My true self is better than who others think I should be. I choose to always empower myself and those around me. I will accept others for exactly who they are. I will take whatever steps I need to in order to safeguard my peace and happiness. I approve of me. I am determined to do amazing things in this lifetime. I will make the most of life, even when it 's not easy. I will start the morning with Grace. My children do not need a perfect mother, they need me.






I am an asset to my company.
I am valuable to my family. I
am valuable to my friends. I
am valuable to this world. I am
unique. I am a survivor. I am
passionate. My mind is
powerful. I am powerful. I am
constantly evolving, and I will
not apologize for it. I am a
giving person. Today I will
take the first step to change
my life. I will keep moving
forward even if it ' s only one
step at a time.






I am proud of my faith. I am proud
of the color of my skin. The color
of my skin is beautiful. The
texture of my hair is beautiful. I
am proud of my textured hair. I am
hardworking. My disability does
not define who I am. I am
intelligent despite my disabilities. I
will not allow my disabilities to hold
me back. I deserve to be loved and
respected. I deserve an honest
partner. I am mentally strong. I am
physically strong. I am physically
capable. I am mentally capable. I
am an asset.






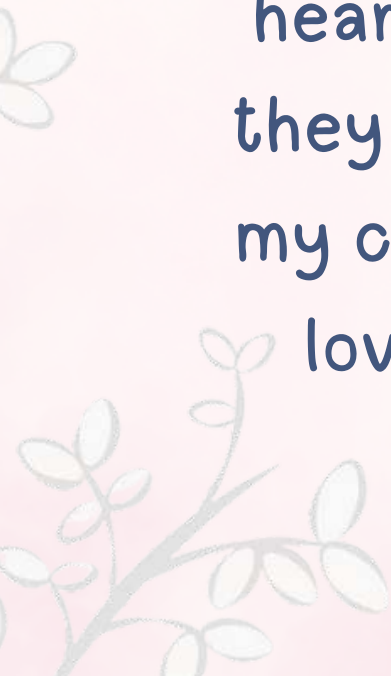
I hold the power to change the world
if I so choose. I embrace my curly,
and know it ' s beautiful. I am an
integral member of my family. I am
capable of smart decisions. I am
mature, and will not stoop to the
lengths of others. I am loved by
others. I am liked by others. My
family loves me for me. My children
love me unconditionally. My
husband loves me unconditionally.
My wife loves me unconditionally.




My partner loves me
unconditionally. I am proud of my
heritage. I am proud of my lineage.




I choose to believe there is an
opportunity inside every
experience, every day. I will make
a difference in my life. I will make
a difference in this world. I
deserve the best opportunities. I
deserve to be paid the same
amount as others in my industry,
regardless of gender. My opinions
matter, and should be heard. My
feelings matter and should be
heard. My fears are valid, even if
they are unjustified. I believe that
my children love and support me. I
love and support my children.







Bad feelings are temporary. I will
not let my anxieties control me. It '
s okay if I feel anxious sometimes.
It ' s okay if I feel fear sometimes.
It ' s okay if I feel sad someday.


Not everything happens for a
reason, and I accept that. Even the
best things come to an end,
embrace it. I deserve wealth. I am
a leader. I chose to see the beauty
in this world. I will ignore hate. I
will ignore hateful comments made
about me. If someone is hateful
towards me, I will respond with
love.







I am affectionate, and capable
of accepting affection from
others. I deserve to be safe. I
deserve to be healthy. I can
handle my negative feelings,
and push through them. I am
not crazy, and will not allow
others to call me so. I am a
survivor. I deserve to feel
better than I do today I can
fight through my depression. I
will not let depression rule my
life. I am not alone. The
situation I am in will not last
forever. I will learn to cope with
my fears.





I am faithful. I am joyful.
I will not allow anyone to
steal my joy. I am an
interesting individual. I
am resourceful. I am
thoughtful. I am witty. I
will be persistent in
accomplishing my goals. I
am confident. I will not
let others' judgement
affect my confidence. I
am friendly. I am a fun
person. I am funny. I am
bold, and I will not
apologize for it.







I will have no shame for the pace
in which my life moves. I am sexy.


I am attractive. I do not need to
be in a relationship to feel whole.


My story is inspiring. I am
inspiring. I have a story to tell the
world, my story. I will not stop
until I accomplish my dreams. My
body is divine. My soul is pure.
My heart is pure. My intentions
are good. I do not have to prove
my worth to anyone.







I radiate positivity. I radiate
good vibes. I radiate love. I
radiate kindness. I am adored by
my friends. I am adored by my
children. I am adored by my
husband. I am adored by my
wife. I am adored by my partner.
I am supported. I will not be
ashamed to ask my parents for
help. I will not be ashamed to ask
my boss for help, it ' s not
possible to know everything. I
am unstoppable.







I am a cherished member of
society. I have something of value
to add to this world. I deserve
someone 's best. I will not allow
anyone to make me feel inferior.
Only I get to decide if I' m good
enough or not. I am
unapologetically fierce. I am
unapologetically fearless. Every
single day makes me stronger. I
refuse to hold hate in my heart. I
will not go to bed with unresolved
familial issues. I' m allowed to
leave any situation when I feel
uncomfortable.







I am an unstoppable force of nature I am confident, strong, and vibrant in all things I will allow myself to evolve and get better every day. I choose to be happy now and always I am enough and I love myself for who I am My challenges do not define me. They drive me. My ability to conquer challenges is limitless. My past is not a reflection of my future and it does not define me.







I will trust my instincts above everything. I am worthy of validation. I understand that change takes time. I am unapologetically confident in my abilities. I will excel in this life. My dreams are ready for me now, all I have to do is grab them. My determination is unparalleled. I am brave enough to succeed. There is something for me to learn every single day. Tomorrow I will do better. I will be grateful for the blessings each day brings.







I am skillful. I am capable of self-discipline. I am responsible. I will treat others fairly, therefore I will be treated fairly. I will start each day with a clear-head. I am considerate of others and their feelings. I will not allow myself to be affected by someone else 's argument. I am mature. I will hold myself accountable for my actions. I will hold myself accountable for my words. I am full of compassion. I am a loyal partner.







I am grateful for the body I have. I
am grateful for my spouse. My
goals are allowed to be big, they
are mine to reach. I deserve inner
peace. I will admire the beauty of
nature every day. I will practice
tolerance. I choose not to be
trapped in the past. I choose to
live in the present. I choose to be
hopeful about my future. I refuse
to be held back because of the
traumas I have endured. I am
stronger than my trauma. My past
trauma has no hold on who I am
today.







I am a reliable parent. I am
observant. I will start each day
with optimism. I will not let others
damper my enthusiasm. I am
imaginative. I am trustworthy. I am
determined to achieve my goals. I
will be unapologetically persistent.
I am sincere. I am capable of
patience. I am generous. I will view
others with an open mind. I am
focused. I am allowed to be quiet. I
am clever. I am capable of thinking
logically.







I will not allow negative
comments about my weight
affect me. No one knows me
better than me. I am human, I
make mistakes, and I forgive
myself for them. I will look at
every opportunity as one to
learn. Sometimes you just have
to look in the mirror and tell
your inner voice to shut up. Go
outside, scream, I promise you
will feel better







I feed my spirit, train my body and
stay focused. It ' s my time! I am my
light! I am resilient and can get
through anything! I am unstoppable!
My soul radiates from inside out. I
am beautifully made. I am superior
to negative thoughts and poor
actions. I have a meaning and
inspiring life! I am worthy of love!
Life is a gift and I appreciate all I
have. My contributions to the world
are valuable. I am peaceful and
whole. I nourish myself with kind
words and tasty foods.







I will not allow negative
comments about my weight
affect me. No one knows me
better than me. I am human,
I make mistakes, and I
forgive myself for them. I
will look at every
opportunity as one to learn.
Sometimes you just have to
look in the mirror and tell
your inner voice to shut up.
Go outside, scream, I
promise you will feel better.







I am capable enough to choose
who I trust. I am lovable. I am
whole. I am complete. I am
capable of changing my diet. I
am capable of eating healthy. I
am capable of changing my
exercise habits. I will make time
for myself, and hold no guilt for
it I am capable of empathy. I will
be empathetic to others. I am
motivated. I will try my best to
always be cooperative. I am a
reliable friend. I am a reliable
partner.







I am on the path to becoming the best version of myself. I've got the ability to reclaim my power I am beautiful inside and out. I trust that everything will work well for me. My space and boundaries are important I am a magnet. I attract positivity! I am a priority and not an option! I grow, I glow. Great things always come my way I think abundance not scarcity! I am committed to all possibilities that leads to a greater purpose. I love the skin I am in. Black and Radiant. I am healthy and strong I have a bright future.







I will trust and follow my intuition above all else. I will view obstacles as opportunities for growth. I alone am responsible for the outcomes in my life. I will learn from my history and choose not to repeat my past mistakes. I will strive to stay humble, even when I achieve success. My future is worth the wait. I will be grateful for my body and my health. My health is a priority I will not ignore. It is okay for me to ask for my needs to be met.






I will trust and follow my intuition above all else. I will view obstacles as opportunities for growth. I alone am responsible for the outcomes in my life. I will learn from my history and choose not to repeat my past mistakes. I will strive to stay humble, even when I achieve success. My future is worth the wait. I will be grateful for my body and my health. My health is a priority I will not ignore. It is okay for me to ask for my needs to be met.






I know I can be successful and still
root for my peers I will not settle
for less than the best! Being me is
how I win My feelings are valid and
I honor them all I am magic! By
shinning my light, I help others
shine theirs too I create space for
people to show up for me I attract
genuine friendship with people
who want the best for me. I inhale
my dreams, I exhale my fears I find
peace all round I am focused to
achieve my dreams.







My greatest glow-up is from
within I honor my commitment to
take care of myself. Rest is a top
priority for me I am blessed with
unique talents The happier I am,
the more beautiful I become I
look fantastic in any outfit I
wear I smile and laugh always My
imperfection makes me unique I
am blessed with natural beauty I
am proud of my curly hair I
choose to love and accept myself
for who I am .







I will not carry the burden of others. I
forgive my parents for their mistakes.
I will guide my children through their
mistakes. I will stop criticizing myself,
and forgive myself for the times I have
done so in the past. I am brave enough
to stand up and be seen. I am exactly
the person I was meant to be. No one
could be a better me. There is a
solution to every problem I face. I am
courageous enough to step out of my
comfort zone in order to achieve my
goals. I will wake each morning ready
to learn. I can choose to release my
sadness.







I do not need outside validation in order to feel successful. The universe does not want to see me fail. I do not need makeup, I am beautiful in my natural state. My hair is beautiful in its natural state, and I will embrace it. My skin is beautiful despite my blemishes. I will openly and truthfully communicate my needs. I will respect others, so that they will respect me. I am capable of communicating my thoughts clearly. The mistreatment I received as a child is not my fault. I will not carry the burden of others.







I am full of loving and kind
thoughts I am confident in my
ability to make positive choices I
am worthy of the life I say I want
My natural beauty shines through I
look and feel like a goddess Beauty
radiates through every part of my
body My eyes sparkles like stars in
the night sky. My lips gives me a
beautiful smile I am worthy to
attract great things in my life. I
become even more beautiful with
my positive approach to life I am
bold, brilliant and brilliant.







I accept myself unconditionally I
achieve my goals easily and quickly
I am confident in myself and my
uniqueness Abundance is my
reality I am more than my anxiety I
believe in myself I am talented I am
fearless and powerful I am a
priceless gem I am courageous I am
rich in all areas of my life I attract
opportunities, success, abundance
and wealth There is nothing I can '
t do I know good things will
continue to happen in my life.







I focus on positivity for a better
me I am wise and humble I am truly
a beautiful soul I am respectful
and completely self-aware I am a
leader I deserve the best and I
accept the best I possess the
qualities needed to be extremely
successful. Everything that is
happening now is happening for my
ultimate good I trust my inner
guidance. My anxiety doesn't
define me I embrace new
opportunities I am heaven on earth.






I am wonderful and lovable The
positivity in my heart reflects on
my face I am beautiful no matter
what they say. I am beautiful
inside out. My beauty is worth
seeing and appreciating. Every
day, I wake up with my beauty
enhanced. I am gorgeous, even
with my imperfections I am proud
of myself. Every day I become a
better version of myself. I am
sophisticated and polite. I am a
powerful woman. I am a perfect
woman.







I have a great sense of style. My smile emphasizes my beauty. I have complete faith in my decisions and trust in all my actions. I am free of negative thoughts and replace them with positive beliefs. People are amazed by my beautiful personality. Everyone ones to be a part of my life because of my beautiful soul. I am the creator of my happiness. Being my authentic self is what makes me especially beautiful and attracts love and success to me. All I need is already within me.



My body is healthy. My mind is brilliant. My soul is tranquil I love my skin and I am grateful for its clarity I feel happy and smile a lot My genuine beautiful smile warms even cold hearts I have unique beautiful eyes I breathe in relaxation, I breathe out tension I am a positive being, aware of my potential I radiate confident and enthusiasm I combine femininity and intelligence beautifully I have a sweet and melodious voice which everyone loves.



I walk gracefully and carry myself
elegantly My inner beauty shines
brightly I choose to make my curses
my blessings I am a masterpiece My
hair is the crown that adorns my
body My hair is fabulous, whether it
is short, medium or long length I
embrace aging Blemishes are
temporary and my skin will heal with
time I appreciate my stretch marks I
love how I look without makeup I am a
beautiful soul in a beautiful body My
beauty is infinite I do not compare
the way that I look to anyone else.



My opinion of myself is the one
that counts I feel feminine I get
more and more beautiful with each
year passing I am satisfied with
how I look My beauty is worthy of
celebration I am imperfectly
perfect I am at peace with my past
I am worthy of good things No
matter what goes on today, I know
the truth that I am a radiant
powerful and free woman I am
beautiful and worthy of every
beautiful thing in this world I am
cultured and smart, yet able to
stay humble.

I am a powerful creator, and I create
the life that I want starting today

Every morning I am renewed and
energized by the lord's abiding love

I am capable of so much Today is my
day. I am valuable just because am


me. I am important and my presence
is important to others. I do not have

to be perfect to be loved or
accepted. I am kind, passionate and I

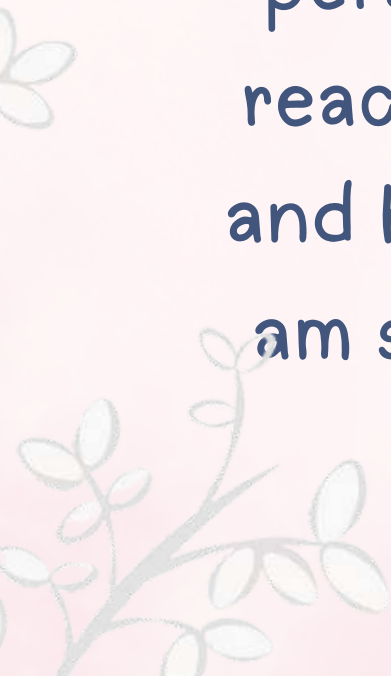
feel love for others. I respect myself
and I do not have to compromise my

morals for anyone I should not
compare myself to others, I am my

own person.



I am beautiful and perfect the way I am, no one can tell me otherwise. I am an important part of my family, I am needed. I belong and I am loved for exactly who I am. I am a good friend. It is ok to be different than my friends. I do not have to fit in to belong or to be important. I should be accepted for the person that I am. I can, and will reach my goals. I am determined and have the ability to succeed. I am smart and open to learning.




I work hard and am ready to be challenged to get what I want. It is a good thing to stand up for myself. I respect other people, even when we have a difference of opinions. I have

the courage to share my true thoughts and feelings. My voice, my opinion, and my truth matter and should be heard. It is ok to ask for help when you need it, you do not


have to be an island and do everything alone. I have family and friends that support me and will help

me overcome challenges. I can handle anything that comes my way.

I am strong and healthy.




I am a beautiful girl just the way I
am. I nourish my body so that I can
be healthy. I make choices that
honor my body. I am beautiful on
the inside and outside. I only speak
positive truths about my body. I am
grateful for my family. I am
thankful for my friends. I am
grateful for this life I have been
given. Even when times are
difficult, I am thankful that I can
get through it! I was given this life
for a reason. I choose to focus on
the good even when times are tough.
There is always something to be
thankful for.





I am responsible for my happiness. I am doing the best I can, I do not need to be perfect. I can make all of my goals if I set my mind to it. Life is not always easy but challenges make me stronger I have an exciting future ahead of me. I can reach all of my goals if I set my mind to it. I look forward to what my life holds ahead of me! There will be a lot of good times in my future. I will not give up on my goals even when things get tough. Confidence is my natural state .

My charm is universal Every
decision I make I'm closer to my
goals I trust my gut I take full
responsibility for my decisions I
am in charge of my life I will do
what's in my best interest I
trust in my ability to decide I
choose happy and awesome life
My life is filled with the right
decisions I will listen to my heart
I am happy where I am in my life
right now. I am open and honest
with my feelings. I can clearly
express to others when I feel
hurt.

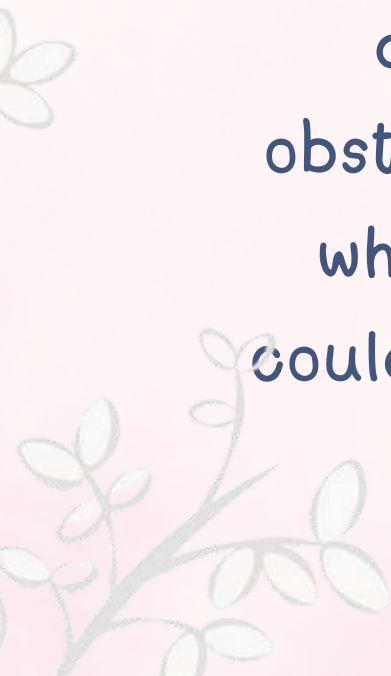



I am willing to accept help when offered. I am willing to ask for what I need. Learning about myself is a fruitful adventure. I love who I am. I know my values and why I hold them. I challenge myself to question my beliefs. I am capable of changing my mind when presented with new information. There is no shame in learning better. Nothing can stop me from achieving my dreams. I am empowered to be the best version of myself. I am a good and caring friend. I deserve friends that treat me with equal love and kindness.







I am a good and caring friend. I
deserve friends that treat me with
equal love and kindness. I rise above
gossip and talking rudely about
others. I am empowered to shut down
conversations I am uncomfortable
with or that may hurt other people.
It ' s okay to admit when I am wrong
and to ask for forgiveness. Just
because I haven ' t reached my
destination doesn ' t mean that I am
lost. I am on an adventure to
discover myself. I won ' t let
obstacles stop me from going after
what I want. I did the best that I
could at the moment. Things will get
better.







I am excited to take in new experiences and gain knowledge. I release my worries. My mind is calm. Language is powerful. I choose the words I say carefully. I channel my anger into healthy outlets. My anger can be useful. New ideas flow through me. My creativity is ablaze. My self-confidence inspires others. My beauty is unique. No one else is like me. My friends are my biggest supporters. I am a champion of my friends. I can change the world. I am more than the sum of your past mistakes I deserve success in all areas of my life .







I attract kindness from the world
I learn to trust my instinct I
accept who I am. I matter. I am
capable of reaching my goals. I
accept myself unconditionally. I
make time to care for myself. I
give myself room to grow. My life
is a gift. I am relaxed and at
peace. I am well-rested and full
of energy. It ' s okay for me to
have fun. I will turn negative
thoughts into positive ones. I will
try new things. I am safe. I will
find the good in all things.







I am thankful the love in my life. I
am on the right path for me. I am
focusing on the positive today. I will
say when I want to. I have the power
to thrive. I give up the habit of
criticizing myself. I do not need to
be fixed. My goals are achievable. I
make time for my friends. Today I
will learn and grow. I can do all
things. The universe is looking out
for me. I know what 's best for me. I
release the past and live fully in the
present moment. I only spend time
with people who bring me joy.







I am balanced. I am grateful for
what I can do. I am not a failure. I
respect my own boundaries. I am
my greatest ally. My life is
exactly where it should be right
now. I embrace my unique
individuality. I choose to be
thankful. I prioritize myself. I've
got this. With every breath out, I
release stress in my body. I don't
compare myself to others. I
radiate confidence. I add value
to the world.







I find joy in the little things
everywhere. I am a work of art. I
choose to feel blessed. There are
no limits to what I can achieve in
my life. I take a few minutes to
relax each day. I practice
progress, not perfection. My hard
work will pay off. I am not my
mistakes or my flaws. I don't let
others' thoughts or judgments
affect me. I am adventurous,
fearless and fierce. I ask for
support when I need it. I deflect
negativity. Today will be a
gorgeous day to remember.






I do simple things that make me happy. My efforts help me succeed. I choose to be happy. I welcome financial abundance. I can achieve anything I set my mind to. I am keeping my body healthy. I can achieve anything I set my mind to. The answer is always in front of me, even if I have not yet seen it. As long as I continued to search I will find the answer. Every problem I ever face will have a solution. There has never been a question without an answer. I just need to discover the answer.






I am a smart, capable, brilliant woman, and I have everything I need to get through this. When I make it through this I will be better for it. I am safe and I am well. I am healthy and I am loved. I will honor my need to rest and recharge. I am committed to finding 'me' time today. I embrace my best self today. I choose to live in a way that will bring peace, joy, and happiness to myself and others. I choose to let go of the old. My new path is before me. Today, my new life begins!





I persevere. I am relentless. I keep going. I have released all my negative thoughts and replace them with positive ones. Today is the beginning of whatever I want. I trust that I have the capability to achieve my goals. I am worthy of accomplishment, success, and abundance. I manifest my full potential to being. I can powerfully attract what I want. I move in alignment with my highest self. I affirm my ability to merge timelines, and rejoice as everything comes to me with ease.

The world is filled with endless opportunities for me. My mind is clear of self-doubt, and I am ready to embrace every challenge that comes my way. Every challenge I face is an opportunity to grow and improve. My contributions are unique and meaningful. It is enough to have done my best. I am at peace with my body. All is well in my life. I am immensely blessed. The universe has my back, always. Today I am centered in my heart, and closer to God.





My body and mind are in complete alignment with the universe I will fill my heart with the peace of meditation. Everywhere I go I attract joy and happiness. Positive energy nourishes my body, and helps me radiate joy to others. I commit to living a joyful and happy life. I choose happiness for this moment, and not pain of my past. The world deserves my authentic happiness. I recognize all the blessings in my life, and each of them fills me with joy. A happy, joyful life is being created for me right now.







My inner strength is invincible. I have ability to do great things. I am a valuable person. I am ready and open to receive good things in my life. I commit myself entirely to good feelings. I have a strong will and I can do anything I put my mind to. My confidence is what drives me the most. My mind is strong and disciplined. Courage accompanies me everywhere I go. I will succeed in achieving my goals. I attract people who uplift me and believe in me. I can clearly state my needs.






I will be my own best advocate. I
communicate with ease and
confidence. I love my body. I
trust the wisdom of my body. I
am comfortable in my own skin. I
am grateful for my journey and
its lesson. I am in full control of
my life. I am compassionate with
others and myself. All I need is
within me. I am successful in
everything I do. I believe in my
abilities. I am intelligent and
capable. Success and
abundance are my birthrights.





I am attracting positive people
and circumstance into my life. I
am whole and complete. My voice
is important. What I want is
coming to me. I am creative,
powerful, strong, brave and
inspired. I am worthy of
compliments I receive. I have
imburse self-worth and inner
beauty. My life is a miracle, and I
belong here. I am empowered to
have the things I seek.




Confidence comes naturally to
me. I believe in my ability to
express my true self with ease .
My heart is full of gratefulness.



All is well and in perfect condition. I am safe and secure right where I am.

I am breathing in relaxation. I am feeling at ease. I love and accept my body. I choose to love and accept myself. My best is good enough. I

have enough, I do enough, I am enough. I am the greatest. I spread love everywhere I go. I embrace the glorious mess that I am. My potential




to succeed is limitless. I am calm, happy and content. My life becomes richer as I get older. I am grateful to be living in this divine female body. I

am at peace with my body.



I can powerfully attract what I want.

I am the sunshine I am special,
beauty is my attitude I let go of my
insecurities about looks I nurture
the relationships in my life that are
healthy and supportive and fill me
up. I respect myself enough to walk
away from any ties detrimental to
my well-being. I appreciate every cell
in my body. I am surrounded by
people who encourage and support
healthy choices. I breathe deeply,
exercise regularly, and feed my
nutritious body food. I will keep my
body healthy, mentally balanced,
and soul vibrating.



Notes

Notes
