



DAILY AFFIRMATIONS *for a positive life*

Empower

I create my life
I attract abundance
I can handle anything that comes my way
The possibilities in my life are endless
I attract wonderful people, experiences, and opportunities into my life
I listen to my gut and trust my own inner wisdom
I can and I will
My potential to succeed is infinite

Overcome

My ability to overcome challenges is limitless.
I am not afraid of my fears. My fears do not control me.
My fears are only thoughts, they are not reality.
I have the courage to break through barriers that make me feel stuck. I am always free.
I accept all circumstances, good or bad, as my teacher.
Answers come to me easily. I always know what to do.

Self-love

I know what's best for me
I value, respect, and honour myself
I love and accept my body. My body does wonderful things for me every single day.
I am healthy, whole, and content
I am amazing and worthy of all good things in life.
I let go of my need for approval from others. I approve of myself.
I love nourishing my body with wholesome food. I treat myself with care.
I say only kind things to myself.
I take time for myself to do what I love. My interests matter.

Peace

Good things are coming my way
Everything is exactly as it should be.
I let go and trust that everything is unfolding perfectly.
I am not in the past nor the future. I am right here, right now.
I leave the past behind me and look joyfully toward the future.
I am in the right place, doing the right thing, at the right time.
I change what I cannot accept; I accept what I cannot change.
My story is unique, my journey is exciting, my life is amazing.

Meghan Livingstone

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