

Positive Affirmations

- Our thoughts have a lot of power.
- I give myself permission to do what is right for me.
- I give myself space to grow and learn.
- I allow myself to be who I am without judgment.
- I give myself the care and attention that I deserve.
- My drive and ambition allow me to achieve my goals.
- I trust that I am on the right path.
- I am creatively inspired by the world around me.
- My mind is full of brilliant ideas.
- I put my energy into things that matter to me.
- I trust myself to make the right decision.
- I am becoming closer to my true self every day.
- I am learning valuable lessons from myself every day.
- I am at peace with who I am as a person.
- I make a difference in the world by simply existing in it.
- I can. I will. End of story.
- I will not compare myself to strangers on the Internet.
- I am enough.
- I have the power to create change.
- I refuse to give up because I haven't tried all possible ways.
- My presence is my power.
- When you really want it, you are unstoppable.
- My past is not a reflection of my future.
- I am smart enough to make my own decisions.
- I'm in control of how I react to others.
- I deserve to have joy in my life.
- I'm worthy of love.
- My imperfections make me unique.
- I'm allowed to make mistakes; they don't make up my whole story.
- I choose not to criticize myself or others around me.
- My potential to succeed is limitless.
- Difficult times are part of my journey and allow me to appreciate the good.
- I forgive those who have hurt me.
- I'm in charge of my life and no one will dictate my path besides me.
- I'm doing my best and that is enough.

- I have the power to create change.
- I choose to be proud of myself and the things I choose to do.
- I love myself fully, including the way I look.
- I can absolutely do anything I put my mind to.
- I'm worthy of respect and acceptance.
- My contributions to the world are valuable.
- My needs and wants are important.
- I make a significant difference to the lives of people around me.
- I am blessed with an amazing family and friends.
- I'm free to create the life I desire.
- I'm open to new adventures in my life.
- I'm bold, beautiful, and brilliant.
- My body shape is perfect in the way it's intended to be.
- No amount of guilt can change the past, and no amount of worrying can change the future.
- To make small steps toward big goals is progress.
- Negative thoughts only have the power I allow them.
- I can choose to make my curses my blessings.
- I am in charge of how I feel and today I am choosing happiness.