

Affirmation List

Remember to choose the affirmations that resonate. Repeat daily for 21 days for best results.

I love you
I am enough
I am worthy
I trust myself
Today is a beautiful day
I am grateful
I am capable
I am patient with myself
I love myself
I am beautiful
I accept myself
I accept my body
I trust in the healing power of my body
I trust my mind
I trust my spirit
I let go of fear
It is safe to receive
It is safe to feel good
I am safe
I trust in the unfolding of my life
I forgive myself
Thank you
I am hopeful for the future
I am patient with myself
I am open to receiving love
I am worthy of receiving love
I am thriving
I am healthy
I am worthy of my desires
I am worthy of success
I am on track
I am on the right path
I deserve to be happy
I deserve to feel good
What I am seeking is seeking me
I believe in myself
My challenges help me to grow
I am proud of myself
I have the power to change my life
Good things are coming to me
I am whole
I am ready
I am unique
I respect myself