

Affirmations

Health

I accept and deserve perfect health now.

It is safe to be well now.

I am always loved.

I am confident and secure.

Life is easy for me.

It is safe to be an adult.

I am always safe and secure.

Love surrounds me and protects me.

I am filled with energy and enthusiasm.

My body heals rapidly.

The world is safe.

I am safe.

I am at peace with life.

I am healthy and whole.

Good health is mine now.

I release the past.

Life loves and supports me.

My mind is at peace, and all is well.

I allow life to flow through me.

I am willing to move forward with ease.

I am gentle with my body.



I love myself.

I give myself permission to be well.

Feeling good

I am at peace.

Loving others is easy when I love and accept myself.

I am safe, it is only change.

It is safe to express my feelings.

I am at peace with myself and life.

My inner vision is clear and unclouded.

I am lovable and everyone loves me.

I love who I am, and I assert my power wisely.

My life is a success.

I now go beyond my old fears and limitations.

I give myself permission to relax.

Fear and Phobias

Everybody at work appreciates me.

There is a perfect home for me and I accept it now.

I accept my parents and they in turn except and love me.

I trust that all my needs will be taken care of.

I let go of the need to criticize my body.

I am relaxed and I flow with life easily and effortlessly.

I will always attract all the help I need.

Love and acceptance are mine.

I love myself.

Every age has its infinite possibilities.

I trust the process of life.

I am on an endless journey through eternity.

I am always safe and protected.

My decisions are always perfect for me.

My age is perfect and I enjoy each new moment.

I center myself and I am safe.

I accept the perfection of my life.

I am loved and safe wherever I go.

I am at home in the universe.

I relax and move with joy, ease, and comfort.

I will die peacefully and comfortably at the right time.

I express love and I will always attract love wherever I go.

I give myself permission to be at peace.

Anger

I accept all my emotions with love.

I acknowledge all my feelings.

It is safe for me to acknowledge and recognize my anger.

I express my anger in appropriate places and ways.

All my emotions are acceptable.

Anger is normal and natural.

I comfort my inner child and we are safe.

I am safe with all my emotions.

I move beyond my parents' limitations.

The more honest I am, the more I am loved.

I express my anger in appropriate ways.

I allow myself freedom with all my emotions, including anger.

Everyone is safe with me when I express my emotions.

I give myself permission to acknowledge my feelings.

Criticism and Judgment

I am perfect just as I am.

I love myself and I know that I am doing the best that I can.

I become more wonderful every day.

I approve of myself.

I can find better ways of doing things.

Growing and changing is fine and I can do it.

I lovingly surround myself with wonderful people.

Everybody is doing the best.

they can, including me.

I love myself.

I appreciate the wonder of my body.

I love the uniqueness that people express through their clothing.

I release the need to criticize others.

I've become more proficient every day.

I release the need to be disturbed.

My opinions are valued.

I lovingly support my choice of transportation.

I rejoice in laughter whenever I hear it.

Addictions

No person, place or thing has any power over me.

I am free.

I approve of myself.

I am at peace.

I release my stress with ease.

I have the power, strength, and knowledge to handle everything in my life.

Love surrounds me, protects me and nourishes me.

I radiate acceptance and I am deeply loved by others.

I allow and welcome change.

I am open to the wisdom within me.

I relax into the flow of life, and I let life provide all that I need easily and comfortably.

I am willing to create new thoughts about myself and my life.

I am powerful and capable.

I love and accept all of myself.

I give myself permission to change.

Forgiveness

I am forgiven and I am fine.

This is a new moment.

I am free to let it go.

I forgive, whether they deserve it or not.

I am willing to go beyond my own limitations.

I take responsibility for my own life.

I am free.

They are doing the best that they can with the knowledge, understanding, and awareness that they have at the time.

I am grown-up now and I take loving care of my inner child.

My spiritual growth is not dependent on others.

I release myself from prison.

I am safe and free.

It is strong to forgive, and I let go.

There is no right or wrong.

I move beyond my judgment.

My parents treated me the way they have been treated and I forgive them.

I refuse to limit myself.

I am always willing to take the next step.

I give myself permission to let go.

Work

It is a joy to express my creativity and be appreciated.

I am in perfect harmony with my work environment and everyone in it.

I always work in harmonious surroundings.

I honor and respect each person, and they, in turn honor and respect me.

I bless the situation with love and know that it works out the best for everyone concerned.

I bless you with love and release you to your highest good.

I bless this job and release it to someone who will love it, and I am free to accept a wonderful new opportunity.

I am totally adequate for all situations.

I center myself in safety and accept the perfection of my life.

All is well.

It is my mind that creates my experiences.

I am unlimited in my ability to create the good in my life.

I know that I am worthwhile.

It is safe for me to succeed.

Life loves me.

I am always relaxed at work.

My work is recognized by everyone.

I turn every experience into an opportunity.

I respect myself and so do others.

I am in the perfect place, and I am always safe.

I see the best in everyone and help them to bring out the most joyous qualities.

My thoughts are creative.

Everything I touch is a success.

New doors are opening all the time.

I am open and receptive to new avenues of income.

I give myself permission to be creatively fulfilled.

Money and Prosperity

Infinite prosperity is mine to share.

I am blessed.

I bless the money I have.

It is safe to save money and to let my money work for me.

I now accept the limitless abundance from a limitless universe.

I claim my own power and lovingly create my own reality.

I trust the process of life.

I am safe in the universe.

All of life loves and supports me.

I always have a savings account.

My income is constantly increasing.

My credit rating is getting better all the time.

I spend money wisely.

I always have as much as I need.

I have as much money as I can accept.

I bless all my bills.

I pay my bills on time.

I am financially solvent.

I am providing for my retirement.

I enjoy every penny that I spend.

I give myself permission to prosper.

Friends

I am a friend to myself.

I am willing to release the pattern within me that creates troubled friendships.

I love and accept myself.

I am a magnet for friends.

I trust myself, I trust life, and I trust my friends.

All my friendships are successful.

I am a loving and nurturing friend.

Loving others is easy when I love and accept myself.

Even if I make a mistake, there is always someone to help me through.

I deserve to be supported.

Women support me.

Men support me.

I forgive you for not acting the way I wanted you to.

I forgive you and I set you free.

I thank you and bless you with love for being there for me when I needed you.

May your life be filled with joy.

My friends are loving and supportive.

I am safe in the world, and all life loves and supports me.

I am open and receptive to all points of view.

I respect others and they respect me.

My love and acceptance of others create lasting friendships.

It is safe for me to be open.

My friends and I have total freedom to be ourselves.

My inner wisdom is a guide to me.

It is safe to ask for what I want.

I move beyond limitations and I express myself freely.

I give myself permission to be a friend.

Sexuality

I'm at peace with my own sexuality.

I am willing to let love in.

All is well.

I love and accept my beautiful body.

It is the perfect size and shape for me.

I rejoice in my sexuality.

My sexuality is a wonderful gift.

I love being creative.

I am safe.

It is safe to be myself.

I love all my body.

I trust in the life processes to keep me safe in all situations.

I rejoice in my individuality.

It is safe for me to explore my sexuality.

Sex is tender, loving and joyful.

Genitals are normal, natural and beautiful.

I am always fulfilled and satisfied sexually.

My genitals are perfect for me.

I let go of limiting beliefs and accept myself totally.

I express my desire's with joy and freedom.

My partner reflects the love I have for my body.

I am divinely protected.

I love myself and my sexuality.

I am at peace.

I am gentle with my body and so is my partner.

I give myself permission to enjoy my body.

Love and intimacy

Love surrounds me.

I am loving, lovable, and loved.

I am lovable and worth knowing.

I am always secure in love.

It is safe for me to open my heart and to let love in.

It is safe for me to share my innermost self with others.

I love and accept myself and I am safe.

Love is eternal.

Love makes me feel safe.

It is safe for me to be in love.

We are always equal partners.

We each take care of ourselves.

People love me when I am myself.

I am worthy of love.

I go beyond my parents' limitations.

Loving myself and others gets easier every day.

The more I love, the safer I am.

My partner and I respect each other's decisions.

I now create a long lasting, loving relationship.

I gave myself permission to experience intimate love.

I see myself in a new light.

I deserve and expect all good in my life.

I am a loving and worthwhile person and I love myself.

All is well in my world.

Based on the work of Louise Hay.