Affirmations

1. May I accept and embrace myself as I am

2. I’m imperfect like everyone else

3. Everyone’s story, abilities, limitations are different, and that’s okay

4. Suffering is a part of life, it is part of the universal human experience, I am not alone

5. I am worthy just the way I am

6. I treat myself with the respect

7. I can experience and express my emotions freely

8. I can choose to look at the beauty life has to offer

9. It is enough to have done my best

10. My body has its own strength and grace

11. I am worthy of care and attention

12. I accept my body and I will love and nurture it

13. My body is a vessel to a healthy mind.

14. My smile accentuates the beauty of my face

15. My body is a temple that houses my spirit

16. I will treat my body with love and respect

17. I possess both beauty and strength

18. I have the power to change myself and strive for personal growth

19. I can forgive and understand others and their motives

20. I can make my own choices and decisions

21. I am free to choose to live as I wish and to give priority to what’s important to me

22. I am flexible and open to change in every aspect of my life

23. Today I will seek out things that are fun to do

24. I am curious, eager to try new things

25. I can be creative and innovative

26. I am going to be a wonderful success in all my undertakings today

27. I am not afraid of life

29. The question I ask myself is not if I should heal but how I should heal

30. I will not wait to have a good day. I will take actionable steps to make one

31. I move beyond my old limitations and allow myself to express freely and creatively

32. I forgive myself and others, release the past and move forward with love in my heart

33. I am at peace with my own feelings

34. I will persist

35. I will hold on. I will be brave

36. Walking away from something that is bad for me is not quitting!

37. I have learned to treat myself gently because I am doing my best

38. I will not feel guilty for caring for myself

39. I will treat myself with compassion today

40. In moments of suffering, may I be kind to myself and give myself the compassion that I need

41. I am grateful for who I am

42. I will be more understanding of the needs of others

43. I will resist anything that takes me off the path of my values

44. Gratitude for life increases my energy and passions

45. When I put energy behind something, the results are powerful

46. I am in charge. I am responsible for my own direction

47. I can forgive and move forward

48. No one can make me a victim, I am a survivor

49. No one can make me feel a certain way, they can only try

50. I am naturally beautiful when I am myself

51. All that we are is a result of what we have thought

52. Focusing on the present moment allows me to live life to the fullest

53. I am meant to be very different from everyone else

54. Today is the beginning of the rest of my life

55. I carry within me all the essentials of a happy existence

56. My task is to do the best I can which is enough!

57. Sometimes, what is difficult and challenging enhances my growth

58. I will be proud of my strengths and nurture them

59. What I do today may have a profound impact on my life tomorrow

60. I will be the best person I can be today

61. A quiet and pleased mind absorbs beauty and grace naturally

62. It is comforting to know I have all the necessary tools to cope when faced with difficult times

63. I will surround myself with people who are affirming and encouraging

64. I will go about my life doing what I believe is right and hold fast to my beliefs

65. I choose to make the best of what I have, I am brave, I will survive

66. I have faith in family, friends and myself. I have faith in this world

67. I have faith in my process

68. I will look for the lesson in every problem I have to solve

69. Thoughts provoke action. I will think balanced thoughts to provoke healthier actions

70. I do the very best I know how, the very best I can

71. My life is what I make of it. I have all the power.

72. I will surround myself with trustworthy people and put my trust in them

73. I am not in control of others, but I am in control of myself

74. It is impossible to please everyone and that's okay

75. I don’t have to listen to anyone who tells me what I can’t do

76. I am proud of myself for all I have accomplished no matter how small or great

77. I do not have to let the past dampen my enthusiasm for new beginnings

78. I will only go where my heart leads

79. I will trust my soul-it knows the way

80. I will trust, honor, and respect the process of change

81. I will listen to my needs

82. Taking time to honor the needs of my body is taking time to respect the needs of my soul

83. Being grounded and whole makes me beautiful. I can get there just by being still, breathing, and doing what I can to be kind to myself and others.

84. One step at a time. That is how I will get where I am going

85. I will take the time to honor and express my dreams

86. I am free to redefine and help create the life I choose

87. I can open myself to the hopes and dreams of today

88. I am ready to heal my heart

89. There is a purpose and value to each day of my life

90. Today I take time to inhale peace and exhale fear

91. Facing and feeling my fears will empower me to move on

92. I will not let expectations distort my experience

93. I am not afraid of making mistakes

94. I can face my fears and work to overcome them

95. I will not compromise my dreams

96. I can meet new opportunities without fear

97. I feel great potential for myself

98. Failure is a part of growth and success

99. It’s not about working on myself; it’s about being okay with who I already am.

100. As long as I am good, kind, and hold myself with integrity, it doesn’t matter what other people think of me.

101. When I look to others to dictate who I should be or how I should look, I reject who I am.

Resource:

<https://www.thevillagefamily.org/sites/default/files/2022-05/101-Non-Toxic-Affirmations.pdf>