



Positive Affirmations

Affirmations are great tools that can help you overcome fear, build your confidence, develop an abundance mind-set and more.

Below is a collection of uplifting positive affirmations to help you focus on the goodness in your life. Say these affirmations at least once daily, for best results.

Affirmations for Self-Love:

- I choose to love myself deeply and completely.
- I treat myself with kindness and respect.
- I am perfect, just the way I am.
- I give myself permission to shine and thrive.
- I honor myself in every way.

Affirmations for Self-Confidence and Self-Belief:

- I am bigger than my fears and insecurities.
- I am moving confidently toward my dreams.
- I choose to feel relaxed and calm in all situations.
- I fully trust my inner guidance.
- Fear is just a feeling; I thank it and release it now.

Affirmations for Abundance and Prosperity:

- I am open to the flow of great abundance.
- I always have more than enough of everything I need.
- I allow the universe to bless me in wonderful ways.
- I trust that all of my needs will be met.
- I am at peace with money and all forms of abundance.

Affirmations for Life Purpose:

- I am meant to do great things with my life.
- My purpose is to spread joy and light in the world.
- I have wonderfully unique talents and skills.
- I lovingly share my gifts with others.
- I live a joyful, purposeful life in every way.

Affirmations for Opportunity:

- I choose to see amazing opportunities wherever I go.
- I act on those opportunities quickly and decisively.
- Every action I take has a beneficial outcome.
- I trust myself to recognize the best opportunities for me.
- I allow good things to unfold for me with perfect timing.

Affirmations for Healthy Relationships:

- I connect with others on a deep, satisfying level.
- My relationships are healthy and loving.
- I easily express my love to the people I care about.
- I allow myself to be loved and respected by others.
- I allow myself to be vulnerable and open to love.

Affirmations for Healing:

- I am coming into alignment with true well-being.
- My energy and vitality are increasing every day.
- I open to the effortless flow of well-being now.
- Vibrant health and well-being are my birthright.
- I allow myself to be well in every way.

Affirmations for Healthy Weight and Body Image:

- I honor and respect my body.
- I respect the wisdom and intelligence of my body.
- I choose to take great care of my body.
- I choose to eat foods that nourish my body.
- I allow my body to maintain a comfortable weight.

Affirmations for Inner Peace:

- I choose to feel peaceful and centered.
- I release my need to control everything.
- Everything works out for my highest good.
- I choose to trust and have patience.
- All is well, right here, right now.

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