

## AFFIRMATIONS FOR LIFE

HEALTH, FINANCES, CAREER, RELATIONSHIP, FAMILY, DREAMS, SPIRITUALITY, PERSONAL, ENERGETICS, VISION, EMOTIONAL



1. Today I begin my day with a sense of wonder, passion and joy
2. I embrace my life with love
3. Today I take loving care of my body
4. I eat foods that nourish my mind and my body
5. I exercise in a loving way
6. Today my physical health is important
7. My mental health is important
8. Today I take time out to meditate and connect with my source.
9. I move at my own pace.
10. I follow my own true path
11. I live life with passion & joy
12. I enjoy my life
13. My life is loving, gentle
14. I am prosperous
15. My career supports my beliefs and my spirit
16. I make a difference
17. I am enthusiastic about my life
18. I attract money in many areas of my life
19. Money comes to me easily
20. I earn more than enough money
21. I attract the money I need to do what I want when I want to.
22. I am organized
23. I am supported by the people in my life
24. I surround myself with those who truly and passionately believe in me
25. I am efficient
26. I am aware and intuitive
27. Today I eat and move to support my inner strength
28. I trust myself
29. I know what's right for me
30. I connect with my core
31. I cleanse my energy
32. I am loving in all areas of my life
33. I am free to be myself in all areas of my life
34. I am safe
35. I do the work that I was meant to do.
36. I am passionate
37. I connect to my sensuality
38. I connect to my sexuality
39. This is my greatest day.
40. I am courage
41. I am trusting
42. I am free spirited
43. I attract clients who connect and benefit from my work
44. I attract clients who find value in what I do
45. I attract clients who easily afford my work
46. I make a difference
47. I am free to be me
48. I am powerful in all areas of my life
49. I forgive easily
50. I am creative
51. New ventures come easily
52. My business grows with ease, comfort and prosperity
53. I come first in my day
54. I save money easily
55. I live a life of prosperity and joy
56. Money flows in my life
57. I contribute to the world generously
58. I attract prosperity
59. I am a stand for prosperity and joy
60. I stand for empowerment
61. I am powerful
62. I am fun loving
63. I am a free thinker
64. I am an innovative thinker
65. I live my life from a centered place
66. My life works
67. I am peaceful and calm
68. I am brilliant
69. I make a difference
70. My body is fluid and open
71. My energy is fluid and compatible with my spirit
72. I am vivacious
73. I am creative
74. I create my business
75. I have loving relationships
76. My romantic relationship is completely satisfying
77. I love life
78. I love people
79. I enjoy my life
80. I invest wisely
81. I sleep peacefully
82. I sleep enough
83. My body rejuvenates itself ongoingly
84. I wake completely rested
85. I drive the car I love
86. I live in the house I love
87. I work with the people I love
88. I make time for myself
89. I love to learn
90. I love to take classes
91. I do spiritual work
92. I encourage growth
93. My creator is my teacher
94. I embrace my financial responsibilities with ease and joy
95. My home is peaceful
96. My home is clean in all ways
97. My home is warm and comfortable
98. My home is my sanctuary
99. I take time with & for my source.
100. I am talented
101. I am valuable
102. I make a difference

103.I earn a healthy income  
104.I pay my expenses easily and on time  
105.I do the work I love to do  
106.I am supported by others to help me with my business  
107.I laugh often  
108.I play often  
109.I am humble  
110.I do soul work ongoingly  
111.I connect with like minds and enjoy it.  
112.I dance with my life  
113.I replenish my energy with ease and joy  
114.I eat foods that heal  
115.I am healthy  
116.I am active in many areas  
117.I am tone and fit  
118.I am lightness  
119.I am open  
120.I am one with my source.  
121.I communicate gently and effectively  
122.My romantic relationship is gentle and comfortable  
123.My romantic relationship is joyous and free  
124.My romantic relationship is passionate and sexual  
125.My romantic relationship is easy and moves forward.  
126.My romantic relationship is now.  
127.My romantic relationship is mutually fulfilling  
128.I attract money in all areas of my life.  
129.I earn money easily and joyously  
130.I receive money regularly  
131.I am open to receive my joy  
132.I am open to receive my gifts  
133.I am safe  
134.I am full of peace and power  
135.I am kind  
136.I am forgiving  
137.I am truly blessed.  
138.I eat gently  
139.I eat consciously and lightly  
140.I eat patiently and comfortably

141.I eat foods I love and they heal me.  
142.I eat foods that I enjoy  
143.Every day I eat to support my ideal weight.  
144.Every day I eat to support my optimal health  
145.Every day I exercise to support my energy and aliveness  
146.Every day I move my body resonant to my spirit  
147.Every day I am grateful for my life  
148.Every day I am grateful for my love.  
149.Every day I am touched by others  
150.Every day I touch someone's life.  
151.Every day I feel joy and ease  
152.My body is alive  
153.I am in touch with my soul energy  
**154.I am a money magnet.**  
155.I am in touch with my natural pace and vibration  
156.I operate at my most comfortable frequency  
157.I draw goodness into my life  
158.I draw light into my life  
159.I draw joy into my life  
160.I am in touch with my soul purpose  
161.I make a difference in the world.  
162.I love my life and it shows  
163.I am passionate about who I am  
164.My time is now.  
165.My family thrives  
166.My friendships thrive  
167.I am connected to others in a healthy loving way  
168.I draw new possibilities into my life  
169.I am happy  
170.I begin my day with a sense of wonder, passion and joy  
171.I embrace my life with love  
172.Today I take loving care of my body

173.Today I take time out to meditate and connect with my source.  
174.I move at my own pace.  
175.I enjoy my life  
176.I enjoy the wonder of the children around me.  
177.I am a blessing to all who experience my presence.  
178.I am rich with blessings.  
179.I am open to love.  
180.I attract my loving Partner  
181.My loving partners qualities are compatible with mine  
182.I embrace excellence.  
183.I am a winner in all that I do.  
184.I am loved and I am loveable.  
185.I am proud and grateful to be me.  
186.I am living a life of affluence.  
187.I live in the present at all times.  
188.I am successful  
189.I am responsible for my feelings and actions and I am grateful.  
190.I live true to my own feelings and actions  
191.There is more than enough love for me  
192.Love is infinite  
193.Money is infinite  
194.My energy is infinite  
195.I am ALIVE and FREE  
196.I grow ongoingly  
197.I attract solutions quickly and easily.  
198.Life is joyful, successful and abundant  
199.My dreams are worthy of achieving.  
200.My dreams are within reach and easily attainable  
201.I dream big because I deserve to have what I want.  
202.I receive abundance in every realm of my life.  
203.I welcome gifts from others  
204.I welcome compliments, love, abundance.

205. I am fully integrated at all times, I am powerful and effective.
206. I am a successful entrepreneur
207. I have clarity in all that I do.
208. I have a millionaire mind.
209. I forgive myself and others naturally, quickly and completely at all times.
210. I embrace technology and electronics in my life.
211. My talents result in large amounts of increased income.
212. I receive large checks in the mail
213. I have all the energy I need to accomplish all that I desire to do.
214. I attract a loving partner who is available now.
215. Together we enjoy a fulfilling life.
216. I have a lucrative business
217. I have fun and financial success.
218. My business runs efficiently and I am free to travel and play.
219. I am organized with paper-work, finances and time.
220. I am enthusiastically, consistently, magnetically attracting wonderful people and money into my life.
221. I am readily receiving my good.
222. I am financially savvy.
223. I maintain stability in all areas of my life.
224. I live in a happy environment
225. I pamper myself because I have time and I deserve it.
226. I schedule in MY time first
227. I have more than enough money for vacations and fun.
228. I live with abundance and can do what I want to do when I want to do it.
229. My motivation and inspiration come from within.
230. I focus on and achieve my possibilities.
231. I live in a prosperity state of consciousness.
232. I am filled with gratitude
233. I appreciate all that I have
234. I enjoy being alert and aware in all areas of my life.
235. I am valuable as a human being.
236. What I do makes a difference in the life of others.
237. What I do changes the world
238. I am enough.
239. My dreams come true
240. Cash flows to me daily in larger and larger amounts, and I am grateful.
241. I take action and my prosperity increases.
242. I enjoy the process.
243. I am the pilot of my life
244. I deserve the abundance my source has for me.
245. I attract money.
246. I manage money well
247. I easily understand how money works.
248. I am powerful in every area of my life.
249. Letting go is easy
250. I am the loving operator of my mind
251. I have enough of everything than I need and more.
252. I embrace wholeness.
253. I love myself wholeheartedly, encouraging others to do the same.
254. The more willing I am to receive, the more abundance flows to me.
255. I am good to myself first.
256. I celebrate my clarity with money.
257. I release any guilt and shame.
258. I enjoy emotional health.
259. I am in action.
260. I am worthy of having relationships.
261. I ask and receive help
262. My relationships with my family are healed daily and grow continuously.
263. It is ok to be good to myself.
264. My source supports me with my relationships
265. I release all anger
266. I comfortably co-exist with all people.
267. My family sees my greatness
268. I communicate easily and effectively with my family
269. My source supports the healing between my family and myself.
270. I am self sufficient
271. I powerfully attract many loving, helpful people into my life and I am grateful and excited.
272. My source takes good care of me.
273. My spirit is alive with gratitude.
274. LOVE rules my life.
275. I love my life and it shows.
276. I trust the process of life
277. I am safe
278. I allow my thoughts to be free.
279. The past is over, I am at peace.
280. I release the patterns in me that created and attracted negativity. I am free
281. I am worthwhile
282. I am loving and lovable
283. I am a divine expression of life.
284. I love and accept myself where I am right now
285. I choose to love and enjoy myself.
286. I now discover how wonderful I am
287. I lovingly take care of my body, my mind and my emotions.

288.It is safe for me to care for myself.  
289.I love and accept myself at every age.  
290.Each moment in life is perfect  
291.I live in the now.  
292.Each moment is new.  
293.The world is safe and friendly.  
294.I am at peace with my life  
295.There is always new and better ways for me to experience life.  
296.I move into joy  
297.I am a beautiful expression of life.  
298.I flow perfectly at all times  
299.Intelligence, courage and self-worth are present at all times.  
300.It is safe to be alive  
301.It is safe for me to succeed  
302.It is safe for me to experience joy in every area of my life  
303.I love life.  
304.I am wonderful just as I am.  
305.I accept all the pleasures life has to offer  
306.Only right and good action is taking place in my life  
307.I choose joy and self acceptance.  
308.I easily and comfortably release that which I no longer need in my life.

309.It is safe to let go.  
310.It is with love that I totally release the past.  
311.It is safe to grow up.  
312.I am free to feel my feelings  
313.I lovingly hold and embrace my experiences with ease and with joy.  
314.Joy flows through me  
315.I choose to see with love  
316.I am completely open to life  
317.It is safe for me to take charge of my own life.  
318.I think my own thoughts  
319.I release the thoughts and fears of others  
320.I know and trust that life always supports me.  
321.All I need is always taken care of  
322.I forgive myself and I love myself now and forever more.  
323.My thoughts are calm and serene  
324.I awaken new life within me.  
325.I am balanced  
326.I am supported by life  
327.I breathe in life fully  
328.I take in and give out nourishment in perfect balance  
329.I am important  
330.I count

331.I allow others the freedom to be who they are  
332.It is my birthright to live life fully and freely  
333.I am kind and gentle with myself  
334.I joyously run forward to greet life's wonderful experiences  
335.I deserve to feel good  
336.I create only peace and harmony within myself and my environment.  
337.Only love surrounds me.  
338.I forgive others  
339.I forgive myself  
340.I contribute to a united loving and peaceful family life.  
341.My channels of joy are wide open.  
342.I only create peaceful experiences because I love myself.  
343.I am part of the perfect rhythm and flow of life  
344.All is in divine right order  
345.I easily release that which no longer serves me.  
346.I live a life of bliss  
347.And So It Is!!!

**Not on mp3**

# Self-Confidence Formula

***From the book Think and Grow Rich...***

**First.** I know that I have the ability to achieve the object of my Definite Purpose in life, therefore, I DEMAND of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.

**Second.** I realize the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality, therefore, I will concentrate my thoughts for thirty minutes daily, upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person.

**Third.** I know through the principle of auto-suggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object back of it, therefore, I will devote ten minutes daily to demanding of myself the development of SELF-CONFIDENCE.

**Fourth.** I have clearly written down a description of my DEFINITE CHIEF AIM in life, and I will never stop trying, until I shall have developed sufficient self-confidence for its attainment.

**Fifth.** I fully realize that no wealth or position can long endure, unless built upon truth and justice, therefore, I will engage in no transaction which does not benefit all whom it affects. I will succeed by attracting to myself the forces I wish to use, and the cooperation of other people. I will induce others to serve me, because of my willingness to serve others. I will eliminate hatred, envy, jealousy, selfishness, and cynicism, by developing love for all humanity, because I know that a negative attitude toward others can never bring me success. I will cause others to believe in me, because I will believe in them, and in myself.

I will commit this formula to memory, and repeat it aloud once a day, with full FAITH that it will gradually influence my THOUGHTS and ACTIONS so that I will become a self-reliant, and successful person.

*Thank you to the many contributors including Louise Hay and You Can Heal Your Life for several affirmations listed here. We welcome new affirmations for future mp3's.*