

Affirmations



Our mind is very powerful in that it keeps track of information that you feed it and it believes it be true. When you believe things, and you start feeling emotions associated with them, that's how changes occur. Either negative or positive changes. According to statistics, it takes about 21 to 48 days to start a new habit. Using affirmations can help in this process for making changes. Below are a few affirmations (positive statements) to repeat regularly to start repeating multiple times throughout the day when you receive a negative or self-sabotaging thought. Flip the script and start creating the reality that you want.

- I am powerful and in control of my reality.
- I attract all that is good in this Universe.
- I find myself in a state of perpetual happiness.
- I am receiving every good thing.
- I am abundant.
- I am filled with energy every single day.
- I attract people who love and respect me.
- I allow myself to express my feelings and emotions in a healthy way.
- I focus on my goals and ideas. I create a vision for the future. I put energy and effort into the life that I want to experience. I open to the opportunities that facilitate my desires. I manifest my desires into reality.
- I am safe, secure, divinely protected, grounded and taken care of.
- I will accept who I am today and be okay with what makes me different.
- I forgive myself and those who have hurt me.
- I will be compassionate and thoughtful.
- I am in control of my feelings and I can choose happiness.
- I am connected to the wisdom and divine energy of the Universe. I am connected to my spiritual truth. I am connected to my highest self. I am open to the beauty of the world and embrace it fully. I am excited about the unfolding possibility in front of me. I am one with the world around me. I am at peace. I am loved. I am whole. I trust my intuition always. I am wise, intuitive and connected to my inner guidance.

