

Positive Affirmations



Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of “positive thought” neurons. In the sequence of thought-speech-action, affirmations play an integral role by breaking patterns of negative thoughts, negative speech, and, in turn, negative actions.

You can utilize any of these affirmations alone or create your own unique combination based on your personal wishes and needs. What is most important is to establish a profound communication with the universe — so say it with conviction, say it in your own unique voice, and make it happen in the real world.

- I am the architect of my life; I build its foundation and choose its contents.
- Today, I am brimming with energy and overflowing with joy.
- My body is healthy; my mind is brilliant; my soul is tranquil.
- I am superior to negative thoughts and low actions.
- I have been given endless talents which I begin to utilize today.
- I forgive those who have harmed me in my past and peacefully detach from them.
- A river of compassion washes away my anger and replaces it with love.
- I possess the qualities needed to be extremely successful.
- Creative energy surges through me and leads me to new and brilliant ideas.

- Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given.
- My ability to conquer my challenges is limitless; my potential to succeed is infinite.
- I am courageous and I stand up for myself.
- My thoughts are filled with positivity and my life is plentiful with prosperity.
- Today, I abandon my old habits and take up new, more positive ones.
- Many people look up to me and recognize my worth; I am admired.
- I am blessed with an incredible family and wonderful friends.
- I acknowledge my own self-worth; my confidence is soaring.
- Everything that is happening now is happening for my ultimate good.
- I am a powerhouse; I am indestructible.
- Though these times are difficult, they are only a short phase of life.
- My future is an ideal projection of what I envision now.
- My efforts are being supported by the universe; my dreams manifest into reality before my eyes.
- I radiate beauty, charm, and grace.
- I am conquering my illness; I am defeating it steadily each day.
- My obstacles are moving out of my way; my path is carved towards greatness.
- I wake up today with strength in my heart and clarity in my mind.
- I am at peace with all that has happened, is happening, and will happen.
- My life is just beginning.