

Our WORDS become our THOUGHTS. Our thoughts become our BELIEFS. Our beliefs become our DECISIONS. Our decisions become our ACTIONS. Positive Affirmations (words) are a great tool to influence what we believe about ourselves and therefore how we choose to act towards both ourselves and those around us.

Personal

- I deserve endless good, in endless ways, effortlessly in every moment. Endless abundance is my divine gift and I am thankful for it.
- I am always learning and innovating in my own life.
- I am aware of what I am thinking and how it affects my life.
- I am great at listening in the moment and taking care of myself.
- I am capable of overcoming any challenge that comes my way.
- All is well. Everything is working out for my highest good. Out of this situation only good will come and I am safe.
- I know what brings me JOY and am continually finding ways to experience that joy.
- I can find good anywhere.

Relationships

- Healthy relationships are important to me and easy for me.
- I am a great listener and build relationships through listening well to others.
- I am thankful to be able to respectfully communicate my needs and feelings.
- I have a close community that knows me and cares about me.
- I have great boundaries and welcome those who encourage and inflate me.

Career

- Incredible opportunities are everywhere today!
- I always find creative solutions in moments of challenge.
- I am glad that my unique gifting supports my colleagues and our customers.
- I'm thankful for my team and our deep connections.
- I always give 100% at work and it is greatly appreciated and rewarded.
- I love my job. I enjoy doing what needs to be done, and I do it well.
- Today is one joyous experience after another.

Health

- I am at peace in my mind and body.
- I enjoy the foods that are best for my body.
- I love eating fruits and vegetables which support my body and my goals.
- I gain tremendous energy exercising my body and my mind.
- I honor my body and take good care of it.
- Filling my mind with pleasant thoughts is the quickest road to health.

Finances

- I am now willing to be open to the unlimited prosperity that exists everywhere.
- I release all resistance to money and I allow it now to flow joyously into my life.
- I am open and receptive to all the good and abundance in the universe...and thank you life!
- I pay my bills with love and I rejoice as I write out each check. Abundance flows freely through me.

Thank You. Thank You. Thank You. Thank You. Thank You. Thank You. Thank You. Thank You.