



POWERFUL AFFIRMATIONS TO INSPIRE!



I am open to new and exciting opportunities

I can bend and stretch and adapt to challenging situations

I release the need to control the future and embrace the present moment

Everything is falling into place exactly as it should

I love myself enough to know enough is enough

I choose to speak to myself with kindness

As long as I'm breathing I'm OK

When one door closes I trust that a better one is opening

Everything is working out for my highest good

I am strong I am confident and I learn new things easily

I trust the timing of my growth

The life in front of me is more important than the life behind me

I am thankful for the gift of today and every breath I take

I am grateful for the progress I make each day

I allow myself to let go of things I cannot control

I am blessed to be living in a world surrounded by beauty and nature

I give myself permission to release anything that does not serve me

I am attracting good things into my life, my soul and my heart

I am utterly amazing and my own best friend

I welcome miracles into my life

Everything always works out in my favour

With each sunrise I am reminded of the endless possibilities ahead

Everything always ends up working out. Sometimes better than you can imagine. Trust that.

I am confident, I am strong, I am powerful, I am intelligent and I am loved

Everything is aligning for my dream life and I believe I can have anything I desire

Everyday I am becoming a better version of myself

I choose to be happy and grateful

I embrace positivity and let go of negativity

I am enough just as I am

I embrace my unique traits and celebrate all that I am

"Feel the Fear and Do it Any Way".....Susan Jeffers

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