

25 AFFIRMATION IDEAS

MORNING AFFIRMATIONS

- I AM READY FOR THE DAY TO BEGIN.
- I HAVE GRATITUDE FOR EVERYTHING THAT TODAY WILL BRING.
- I AM CAPABLE OF ACHIEVING MY GOALS TODAY.
- I AM EQUIPPED WITH EVERYTHING I NEED TO MAKE TODAY A GOOD DAY.
- I WILL DO MY BEST TODAY.

CONFIDENCE AFFIRMATIONS

- I HAVE ALL THE TOOLS I NEED TO REACH MY GOALS.
- I AM STRONG AND CONFIDENT IN MYSELF.
- I CHOOSE COURAGE IN THE FACE OF FEAR.
- I AM PROUD OF HOW FAR I HAVE COME.
- I KNOW I AM ABLE TO MAKE MY DREAMS COME TRUE.

EVENING AFFIRMATIONS

- I AM THANKFUL FOR THE DAY TODAY.
- I WILL HAVE A PEACEFUL SLEEP TO RECHARGE MY MIND AND BODY.
- I DID THE BEST I COULD WITH THE TOOLS I HAD TODAY.
- I AM PROUD OF WHAT I ACCOMPLISHED TODAY.
- MY MIND IS CLEAR AND OPEN FOR SLEEP.

LOVE AFFIRMATIONS

- I HAVE ALL THE LOVE I WILL EVER NEED WITHIN MYSELF.
- I GIVE AND RECEIVE LOVE FREELY AND WITH NO EXPECTATION.
- I HAVE LIMITLESS LOVE IN MY HEART.
- I FEEL JOY WHEN I SHARE LOVE.
- I CHERISH AND RESPECT MYSELF AND OTHERS.

STRESS-RELIEF AFFIRMATIONS

- I AM SAFE AND PROTECTED IN THIS MOMENT.
- I HAVE ABUNDANT GRATITUDE FOR THIS PRESENT MOMENT.
- I AM WHERE I NEED TO BE.
- MY THOUGHTS COME AND GO FREELY WITH NO FRICTION.
- I HAVE DONE ALL I CAN DO AND NO AMOUNT OF SUFFERING WILL CHANGE THAT.