

AFFIRMATIONS FOR WELL-BEING

Here are some sample affirmations. You can create your own, using your own words, and stating your desired outcome. These are positive statements producing powerful results in your daily life. Highlight the ones you want to work on now, and post them in key places around your house and office.

Affirmations for the Wellbeing of All

I choose to feel good right now.

I choose to be Peaceful here and now.

I choose to trust in the process of life.

I choose to have fun and make life a playful experience.

I give myself time to recoup and regroup, digest and integrate by not overcrowding my schedule.

Financial Abundance comes to me easily, lovingly, and generously as I easily, loving, and generously give of my unique talents.

I am lighthearted and playfully productive.

I take time to feel and express Gratitude daily.

I choose to use positive uplifting self talk..

I commit to seeing my beauty and Divine essence every time I look in the mirror.

I operate from Love.

I am always Divinely guided to take the right path and the right course of action or non-action.

I trust that the Benevolent Forces of the Universe will make a way where there is no way.

I now find fulfillment to my deepest longings in God through stillness and Meditation.

I enjoy my life

I exercise regularly, and I love it.

My intuition now guides me clearly and I follow it.

I eat healthful food that nourishes my body.

I now easily see and choose the higher path in all my decisions.

In my heart I can now see the good that flows through you and me.

I now clear my mind and readily shift all that's needed for my progress.

I now take excellent care of myself.

I am in the process of positive changes.

Step by step I am on the upward path to my goal of .

I love and accept myself completely, just as I am.

I am relaxed, calm, and centered.
I now prioritize for my wellbeing..
I am in the process of healing.
My relationship with----- is healing.
My body is created to express health and wholeness. I hold this picture in mind.
I am created to be healthy. I claim health and peace for myself now.
This day I choose to spend in perfect peace.
I give myself permission to be health, happy, prosperous, and at peace.
I let God's light shine through me in everything I think, feel, say and do.
I communicate clearly and compassionately.
I now set aside a time to enjoy.(fill in the blank)
I now enjoy the process of life.
I am happily married to my own inner peace.
All my needs are always abundantly provided for in a positive, Divinely synchronized way.
I choose to enjoy performing my daily Love missions (tasks, responsibilities).
I have the ability to and I am now taking action steps.
I relax, and trust and let Spirit show me Divine rights next steps.
I let the Light flow through me increasing my vibration and the vibration of all I
encounter.
I choose to work from a higher place.
I am a radiating center of divine love.
I bathe in the unconditional love of my Creator, and it radiates from me at all times.
I love and approve of myself.
I can let go of worry of what I cannot control.
I forgive myself and others for errors in the past.
When I can let go of old pain, resentment and fear, I lighten my heart and free up my
life.
I understand that time for re-injuring myself by revisiting old wounds is over.
Now is the time to open my heart to peace, love and freedom of forgiveness.
The time to be motivated by the need to prove myself is over, now is the time for
celebration & joy of self expression.
I can see myself being more patient with myself
I am learning to listen to my body and sense what it needs.

Affirmations of Abundant Supply:

- I am now open to receive.
- I am in the flow
- I have an abundance of whatever I need.
- I now have surplus, all my needs are being met.
- I am tapping to into unlimited abundance of the universe.
- I now give and receive freely.
- This is a rich universe and there is plenty for all of us.
- I now live in a rich and loving universe.
- Money comes to me easily and effortlessly.
- I am always supplied with whatever I need.
- I move forward with an expectancy of my greatest good.
- I look for and receive a bountiful supply.
- My greatest good is coming to me NOW.
- I let God's Divine light shine through me in everything I think, feel, say and do.
- I have the ability to create good outcomes and I am now taking action steps.
- I trust myself to gently release old patterns that do not serve me.

I am now on my path toward my intention of _____. Every day in every way I move toward my goal with ease and live from my passion. As a blessing to everyone, I am empowered and invigorated by the very thought of my goal. I allow others to assist me in my process. I allow myself to receive support in of fulfilling my goals and intentions.

ENERGY, strength, peace, Light and abundance are connected to my every step on this path to my aspiration. I am grateful and humbled by the joy of knowing that I can create this reality and that the beauty and bounty of life is mine to behold. I give thanks to God this is done and so I allow in the grace of God. Blessed be and so it is!