

Positive Affirmations



Raise your general level of happiness by shifting your perspective from negative to positive by using these simple tips

Tell yourself these five things each and everyday

- Everything will work out
- I am important
- I am worthy of great things
- I can do anything I set my mind to
- I am loveable

You can even post sticky notes with positive affirmations on your bathroom mirror, in your car, on your computer, in your wallet, or wherever you will see them. It's important to constantly remind yourself to speak kindly to yourself until it becomes a habit. Bring your awareness to your self-talk when you wake up, when you're driving to work, waiting to be served at a restaurant, exercising, or lying down; use it every day, in all situations.

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Other examples of positive affirmations include:

- I am capable
- I know who I am and I am enough
- I choose to be present in all that I do
- I choose to think thoughts that serve me well
- I choose to reach for a better feeling
- I share my happiness with those around me
- My body is my vehicle in life; I choose to fill it with goodness
- I feel energetic and alive
- My life is unfolding beautifully
- I am confident
- I always observe before reacting
- I know with time and effort I can achieve
- I love challenges and what I learn from overcoming them
- Each step is taking me to where I want to be