

AFFIRMATIONS

I am resourceful.

I see myself through loving and accepting eyes.

I love myself and allow others to love me also.

I am willing to face my fear of _____.

I allow myself to express my anger constructively.

I speak to myself in a loving and supportive way.

I fill my mind with peaceful thoughts.

I communicate who I really am: a being of love.

I express myself with love and kindness.

I allow others to support me.

I deserve to be loved and supported.

I have the courage to ask for help and emotional support.

I open myself to abundance.

I freely love others from a sense of overflow.

I am loved and protected.

I love my precious inner child.

I courageously keep my inner child safe and protected.

I vent my feelings in a positive and loving way.

I love and respect my inner child.

I am a loving and reassuring parent of my inner little child.

I deserve to be treated well.

I accept only acceptable behavior towards me.

I have the courage to teach people to treat me well.

I have the right to set limits and the courage to do so.

I am more loving to myself when I have the courage to set limits.

I create the time to do things which nourish me.

I make a difference.

I do small things with great love.

I dodge anger that is inappropriately aimed at me.

I give myself credit for being a courageous person.

I have the courage to act even though I feel afraid.

I have the strength to do things I need to do.

I am strong and capable.

I can do whatever I set my mind to.

I have the courage to see myself filled with strength and confidence.

I respond to circumstances in a healthy and helpful manner.

I carefully choose my responses.

I have the courage to think before I act.

I give thanks for my pain and for the lessons I learn from it.

I have a positive, uplifting attitude.

I have the courage to explore my shadow side.

I accept risk and challenges.

I love and protect my inner wisdom, which helps me choose the perfect people with whom to share my secrets.

I love and protect my inner child as he or she risks exposing our secrets to the light.

I take care of myself.

I am powerful and strong.

I bloom even in difficult situations.

My Higher Power loves me now.

Each day, I open my heart to recognize the rainbows in my life.

I have the courage to believe in the miraculous.

I fill myself with the beauty and peace of nature.

I am valuable.

I have the right to laugh and be happy.

I am my own best playmate.

I have the courage to think before I eat.

I have a mind of my own and I use it.

I voice my opinions gently, respectfully and firmly.

I let go of inappropriate guilt.

I have the courage to allow others to take responsibility for themselves.

I hold my inner child lovingly.

I respect my coworkers and they respect me .

I let go of any rigid expectations I have of others.

I release my painful feelings and reach out in love and understanding to others who are in pain now.

I am empathetic and understanding.

I ask for help when I need it.

I love myself.

I trust I am capable.

I am worthwhile and capable even though I make mistakes.

I deserve gold stars.

I have the courage to love and support myself by acknowledging my intrinsic worth.

I am an upbeat, excited and energetic person.

I have the strength to know I am not the target.

I know I don't need to "fix" anyone else's attitude or circumstances.

I take one thing at a time.

I solve problems with ease and intelligence.

I know I can rescue only myself.

I trust others know best how to live their lives.

I credit my "life" account by setting realistic limits.

I have the courage to decide what I will give and what I will not give.

I balance my life by taking care of my mental, emotional, physical and spiritual needs.

I am aware of my limits and I honor them.

I give myself permission to keep life simple.

I have the right to say "NO" without feeling guilt.