



MIRROR AFFIRMATIONS

I am the most courageous person I know.

I am full of worth and am of enormous value
to this world.

I will triumph over all challenges.

I believe in myself and know I am capable of
anything and everything that my heart wants.

The universe is always with me and if I'm still
enough I can hear it's guidance.

Golden opportunities are everywhere for me.

I am strong, unlimited and I am worthy.

I forgive myself for all I think I did.

I will no longer deceive myself with fearful thoughts.

I will not let fear steal me away from my connection to the universe.

I am miraculous beyond anything I can imagine.

I love myself fully and this keeps me safe.

I am released from my illusions of the past.

I release everyone from my illusions of the past.

I see all disturbance as an opportunity to choose differently, to choose peace.

I find my security within myself and my connection to source, not in a person, place, or situation.

I choose to replace thoughts of fear with thoughts of love.

I willingly release my fear of opening my heart fully and completely.

Serenity and perfect peace are
already mine.

I live in a loving, abundant
universe and I am grateful.

I release all resistance to money
and let it flow joyously into my life.

My greater good comes from
everywhere and from everyone.

I am not too much or too little, I am
perfectly enough.

I am unsinkable.

I allow abundance and prosperity
to flow through any and every door.

Everything is always for my greater
good, everything is working out for
me perfectly.

I have the strength to succeed.

I create abundance through joy,
connection to source and self-love.

I always have everything I need.

I am an unlimited being, I can create anything I want.

I am already worthy and successful.

I respect, appreciate, and love money, and money loves, respects and appreciates me.

I am capable of anything just as long as I stay connected to myself and to source no matter what.

I am open to receiving all the blessings of this abundant universe.

All things are now working together for my greater good.

I choose not to judge others, and thereby release all my suffering.

I breath in the present, I breath out the past.

I choose to release all of my fears and believe anything and everything is possible.

I gladly give up all suffering.

I gladly give up all anxiety and doubt.

I find stillness, I listen, and the universe
directs.

I choose to replace thoughts of conflict with
thoughts of peace.

I choose to replace thoughts of guilt with
thoughts of forgiveness.

There is no power outside of me that can
take my peace.

I dive below the shifting thoughts of my mind.

I place the future in the hands of the
universe.

The world reflects what I feel within.

I choose to appreciate the beauty that is all
around me.

I choose to let go of all guilt and shame.

I choose to let go of negative thoughts and
habits.

I choose to expand the joy, peace and love I
feel every day.

I am powerful enough to manifest my
dreams.

With love in my heart, and a smile on my
face, I spend my day connected to myself
and to the universe.

I now live free of fear and full of joy.

I don't need anyone else to complete me, I
am already whole.

Other people's opinion of me does not have
any power over how much I love, admire,
and respect myself.

I release all mistakes of the past.

I choose to stay in the present moment, for it
is where I know peace.

In this present moment is my freedom.

I choose my thoughts.

When I feel a judgement arise (either to myself or someone else) I pause and I release it to the universe.

It's okay for me to say no without feeling guilty.

Putting myself first is not wrong.

It's okay to not know what comes next.

I have enough, I do enough, I am enough.

My life is unmanageable when I focus on others instead of myself.

I can stop trying to heal or change my family.

I can stop trying to change other people and focus on working on myself.

I stop condemning myself without mercy.

I willingly release control; I hand my life and will to the universe.

I have complete trust and faith that the universe is holding me and guiding me.

I love my inner child unconditionally.

I love all parts of myself unconditionally.

I take time to listen to my inner child and
respond with love.

I trust myself.

I believe in myself.

I give myself permission to feel angry, but
not take it out on others.

I give myself permission to make mistakes
because this is how I learn.

I give myself permission to think differently
than my family.

I allow myself to detach with love.

I have so much potential for beautiful growth,
I am growing and transforming into my
higher self now.

I give myself time to process things, I do not
rush past the feelings.

I am not who I used to be; I am so much better.

I am learning to trust the process.

I am changing, even in the waiting periods.

I move and change effortlessly and easily.

I have a right to feel all my emotions.

I honour the power within me.

The fire within me burns through all blocks and fears.

I take my power back; I stop blaming anyone else.

Divinity resides in me.

The whole world is my teacher.

I claim my own power and lovingly create my own reality.

My level of understanding is constantly growing.

I am not who I used to be; I am so much I
trust life and know that I am safe.

I love and approve of myself.

I am in the process of profound and positive
change.

I am learning to fully love and accept myself.

I am growing in courage.

I love my inner child unconditionally.

I choose to replace thoughts of fear with
thoughts of love.