

# POSITIVE AFFIRMATIONS WORKSHEET

## What Are Affirmations?

An **affirmation** is anything you say or think. Every thought you think and every word you speak is an **affirmation**. All of your self-talk or inner dialog is a stream of **affirmations**. Whether you are affirming consciously or subconsciously you are always creating your life experiences every moment of every day. Today I want you to intentionally create the life you desire by speaking these positive **affirmations**.

### Affirmations for Health

- Every cell in my body vibrates with energy and divine health.
- Loving myself heals my life.
- I nourish my mind, body and soul.
- My body heals quickly and easily.

### Affirmations for Abundance

- I deserve prosperity of all kinds.
- The more grateful I am, the more God blesses me with to be grateful.
- I pay all of my bills on time every month with love and ease.
- Abundance flows freely through me and to me easily and effortlessly.

### Affirmations for Love

- I Deserve love and I accept it now.
- I give out love and it is returned to me multiplied.
- I rejoice in the love I encounter everyday.
- I Am loving and lovable.

## **Affirmations for Romance**

- I have a wonderful partner and we are both happy and at peace.
- I joyfully give and receive love.
- I attract only healthy and loving relationships into my life.
- I deserve to be in a loving, happy and healthy relationship.

## **Affirmations for Weight Loss**

- I Am the perfect weight for me.
- I choose to make positive healthy choices daily for my mind and body.
- I choose to exercise regularly.
- I release unhealthy patterns around food.

## **Affirmations for Self-Esteem**

- I believe in all my skills and abilities.
- I express my needs and feelings perfectly.
- I Am my own unique God-self and I am loved.
- I Am a capable, dignified and virtuous woman of noble character.

## **Affirmations for Peace and Harmony**

- All of my relationships are loving and harmonious.
- I Am at peace within myself.
- I trust in the process of my life.
- I live in the wisdom and knowledge of my true divinity and I am at peace.

## **Affirmations for Joy and Happiness**

- My life is joyful filled with love, fun, family and friendships.
- I relax and I am open to receive the goodness of life.
- I choose love, joy and freedom.
- I open my heart and allow wonderful surprises to flow into my life.

## **Affirmations for Forgiveness**

- Today I choose to forgive and set myself free.
- The past is gone, I forgive and live in the present moment.
- As I forgive myself, it becomes easier to forgive others.

- I forgive everyone from my past and I set them free.