



Affirmations

by *Life coach Gagan Sidhu*

Affirmations to Raise Vibrations

But let's be honest, life is not always rainbows and unicorns. There's lots of negativity and real-world problems out there and we're not immune to hardship. Affirmations don't sterilize suffering and they're not meant to. That's where critics get tripped up. We're not just slapping pretty words on top of wounds and expecting them to vanish with magical thinking.

I am beautiful and strong.

I love and accept myself exactly as I am. I see beauty in myself and the world around me.

I am ready to see things differently.

I choose to widen my perspective and look at things from a different angle. Just like when I turn a diamond, I see different aspects of the light I didn't see before.

I am courageous and confident.

Everything life gives me I am able to handle with confidence, grace and ease. I have the courage to accept myself, fully and completely.

I am more than enough.

There's nothing I have to do, be, strive for, worry about—I'm perfect, as is

I trust myself and I have my own back.

I always do what's right and best for me. All the decisions I make are serving my greater good.

I listen to my body—it knows exactly what I need.

Let yourself rest. Slow down and tune in. Listen to what your body is trying to tell you. Trust yourself.

Regardless of my setbacks, I always have a comeback in me.

I am more resilient than I think. Life always finds a way. I always have the power to rise again.

This is my time to shine. I've got this. I'm ready.

There's nothing else I need to do to be ready to be wonderful me. All I have to do is make up my mind that it's time. I'm ready. Go!

I flow with life and life flows with me.

Thoughts create reality. When I raise my thoughts and get in the flow with life, the rest of my experience will match me.



Affirmations to get EX back

I am already back with my ex
My ex is the true love of my life
Getting back with my ex boyfriend will be easy
There exists a deep and profound love between my ex and I
My mind is focused on rebuilding our relationship
I can show my ex that I am serious
My ex will naturally sense that things will be different
Making positive changes within myself is important
Being positive and confident comes naturally to me
My ex is naturally attracted to me

Affirmations for LOVE/SOULMATE

I am so happy and grateful to be in a loving relationship with my soulmate
My heart is open to giving and receiving love
I am worthy of a deep, soulful, soulmate love
I am magnetic to a positive and long term relationship
I trust the Universe to give me my perfect match
My soulmate is drawn to my positive, loving energy
I have an undeniable connection to my soulmate
I am calling in my soulmate now
I trust that my intuition will lead me to my soulmate
I am worthy and deserving of a deep soulmate love

Letting Go Affirmation Statements

I am worry free.
I let go of the need to control others. I allow others to make their own way.
I live a boundless, forward moving energetic life that is free of baggage holding me back.
I release! I let go! I coast along with my hands off the controls.
The past is gone, the future uncertain. Today is now and I face it head on.
I let go of my regrets. I am grateful for lessons my past missteps taught me.
I embrace a less-is-more mentality.



Affirmations for JOB

I am attracting the right work into my life.
It is so easy and fun to find a good job.
A successful company has offered me a great job.
The door to a new and good work is opening for me now.
I am working in a place I love and I am receiving a high salary.
I am working in a wonderful workplace with wonderful people.
I am working at my dream job.

Pain Healing Affirmations

I am overcoming my chronic pain.
My immune system is healing my body.
My health is getting better each day.
I am surrounded by healing energy.
I am free from pain.
I am healthy, strong and pain-free.
My body is healthy and strong.
I am now choosing to create a body to love and support me
I'm choosing peace every day regardless of how much pain is there
I am grateful for my healing
I choose peace and happiness now

Affirmations For Focus – Get Mental Clarity, Achieve Goals & Beat Procrastination

I begin to gain clarity as I put my intention towards it.
I realize my priorities and I am clear about what is more important in life.
I am clear in my values and that makes it easier for me to make clear decisions.
I invest my time and energy wisely, towards more meaningful things
I align my energy and my abilities towards the fulfillment of my goals.
I am ambitious, but I am NOT impatient. I know things take time and effort.
I look forward to my goals, yet at the same time, I'm deeply grateful for what I have right now.
*Whatever the mind of man can **conceive** and **believe**, it can **achieve**.*
I do what needs to be done, whether I feel like it or not.
I choose to let go of overthinking, and JUST DO IT!
I take charge of myself. I take charge of my life.
I choose discipline over regret.
All that I need to remember, stores into my mind naturally and effortlessly.
The more I enjoy learning, the better I remember and the more I am able to concentrate.

MONEY AFFIRMATIONS

- I am a magnet for money. Prosperity is drawn to me.
- Money comes to me in expected and unexpected ways.
- I move from poverty thinking to **abundance thinking**.
- I am worthy of making more money.
- I am open and receptive to all the wealth life offers me.
- I embrace new avenues of income.
- I welcome an unlimited source of income and wealth in my life.
- I release all negative energy over money.
- Money comes to me easily and effortlessly.
- I use money to better my life and the lives of others.
- Wealth constantly flows into my life.
- My actions create constant prosperity.
- I am aligned with the energy of abundance.
- I constantly attract opportunities that create more money.
- My finances improve beyond my dreams.
- Money is the root of joy and comfort.
- Money and spirituality can co-exist in harmony.
- Money and love can be friends.
- Money is my servant.
- I am the master of my wealth.

Key Points

Affirmations are positive statements that can help you to overcome self-sabotaging, negative thoughts.

To use affirmations, first analyze the thoughts or behaviors that you'd like to change in your own life and career.

Next, come up with positive, credible, and achievable affirmation statements that are the opposite of these thoughts. Repeat your affirmations several times a day, especially when you find yourself slipping into negative self-talk or engaging in negative behavior.

Remember that affirmations are most effective when you use them alongside other strategies, such as visualization and goal setting.

Love & Gratitude,

Gagandeep Siidhu