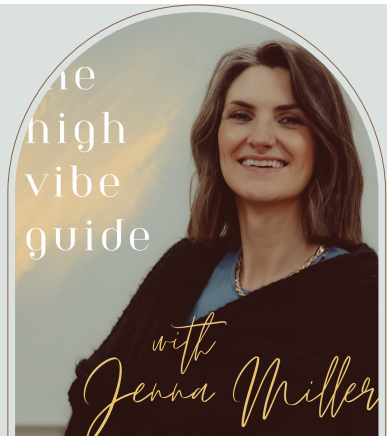


positive affirmations

the
high
vibe
guide



self-belief

- I love myself for who I am.
- I know that I can master anything.
- I have the strength to make my dreams come true.
- I trust in myself.
- I am proud of myself for even daring to try.
- Today I put my full trust in my inner guidance.
- I grow in strength with every forward step I take.
- I release my hesitation and make room for victory.
- I can do anything I set my mind to do.
- I like myself better each day.
- I am capable and strong.
- I am a deserving human being.
- I am able to easily handle any problem I face.

self love

- I am deserving of kindness and compassion.
- I am doing the best I can with what I have in this moment.
- May the light within me shine through.
- I deserve love as I am.
- I am worthy of the compliments I receive.
- I deserve fulfilling relationships.
- Real love starts with me.
- I am grateful for the people who love me.

- I release my past and am ready to find love.
- I am at peace, knowing love comes naturally to me.
- I am open to love in all forms.
- I love myself; I love my body; I love my mind; I love who I am.
- I am wanted.
- I am perfect just the way I am.
- I deserve good things; I deserve happiness and joy.
- I have the ability to reclaim my power.
- I am beautiful inside and out.
- I give myself the chance and opportunity to heal.
- I trust that everything is going to work out for me.

anxiety release & peace

- I am not my anxiety; I am not what my fears try to tell me I am.
- I have everything I need for a happy life.
- The feelings of panic are leaving my body.
- All is well in my world.
- I welcome a sense of calm into my life.
- I give myself permission to feel this way without judgment.
- I'm trying my best and that is enough.
- I am breathing slowly.
- I am here, and everything is fine.
- I am safe.
- The air I'm breathing in is making me feel calmer.
- I am strong.
- I am free.
- I am loved.
- I am supported.
- The peace that I need is inside me.
- I know that problems are temporary.
- Harmony and peace surround me.
- With every breath I take, I am letting peace into my body.
- Wherever I go, I carry my peace with me.

healing

- My body always takes care of me.
- My body is my home, and I pledge to always build it up and never tear it down.
- Every cell of my body supports my total wellbeing.
- I am healthy, well, and strong.

- I am filled with radiant energy and endless vitality.
- I wake up every day feeling strong, energised, and empowered.
- I feel secure in my place in life.
- I inhale peace and exhale anything that no longer serves me.
- I am always supported and protected.
- I feel peaceful, grounded, and secure.
- I am grateful for the abundance of strength that radiates throughout my entire body.
- I am whole and complete, exactly as I am.
- I feel the ground firmly beneath my feet.
- I'm open to life's opportunities.
- I'm always provided for.
- I am stable.
- I am loved.
- I am confident.
- I am strong.
- I am nourished.
- I am protected.
- I am successful.
- I am in control.
- The Earth supports and nourishes me.
- I have the strength to create a wonderful life.
- I have the courage and power to create a beautiful world.
- I love my life and enjoy it.
- I am stable-minded.
- I trust myself, the Earth, and the Universe.

confidence

- Being out of my comfort zone helps me to overcome my fears.
- I am enough.
- I believe in myself.
- I attract positive people into my life.
- The hardest challenges are the biggest growth opportunities.
- I am resilient.
- My best is always good enough.
- I am proud of my achievements.
- I am worthy of reaching my goals.
- I can deal with whatever life throws at me.
- I can overcome challenges.
- I am worthy of what I want.
- I trust my intuition.
- My opinion is valuable.

- I am worthy of love, support, and friendship.
- I am aware of my unique gifts and talents.
- I can achieve what I set my mind to.
- I deserve self-compassion.
- My uniqueness is my gift.
- My potential is powerful.
- I am creative enough to find new solutions.
- My past mistakes and failures won't define my future.
- By being the best version of myself, I can make a difference.
- I can express my authentic self with ease.
- My faith in myself is unshakeable.
- My voice is powerful.
- I'm braver than I give myself credit for.
- I can be as confident as anyone else.

releasing

Many of the negative experiences we encounter in life result from the negative energies in our thoughts. Releasing those negative thoughts creates space for positive energies to enter and transform our lives.

- I exhale all my worries and release them from my thoughts.
- I release my negative feelings and let them go.
- I am free from my negative thoughts.
- I let go of negative memories because the past does not determine my future.
- I leave behind the things that keep me from my dreams.
- I let go of dark memories and hold on to positive ones.
- I choose to release everything that binds me.
- I breathe freely and openly.
- I release all my past regrets.
- I embrace the present moment.
- Letting go of negative thinking brings peace.
- I am free to make changes in my life.
- I am in control of my thoughts.
- My mood improves when I think positively.
- My life improves when I think positively.
- I'm learning to think in a healthier, more productive way.
- Every day I think more positively.
- Today I choose to be happy.
- I let go of the expectations of others.
- I am free from the need to control other people.
- I am liberated from other people's ideas of success.
- I relinquish shame and anger and embrace love and compassion.
- I accept and love myself and others exactly as they are right now.

I give up my old ways of thinking and choose positive thoughts.

You are capable of so much more than you could ever possibly imagine. You are a rare and unique light in this world. Don't let the negativity in your mind stop you from realising your true potential. Believe that you are worthy of amazing things!

Just trust me... You are.

