

The word affirmation comes from the Latin word *affirmare*, originally meaning “to make steady, strengthen.”

1. I am happy, whole, and worthy of love.
2. I am so happy and grateful that money comes to me in increasing quantities from multiple sources on a continuous basis.
3. The perfect partner is coming into my life sooner than I expect.
4. I am the architect of my life; I build its foundation and choose its contents.
5. My body is healthy; my mind is brilliant; my soul is tranquil.
6. I possess the qualities needed to be extremely successful.
7. (For business owners) my business is growing, expanding, and thriving.
8. I am courageous and I stand up for myself.
9. I acknowledge my own self-worth; my confidence is soaring.
10. I am a powerhouse; I am indestructible.
11. I am at peace with all that has happened, is happening, and will happen.
12. My life is just beginning.
13. I love my life.

Create your personal affirmations

1.

2.

3.