

YOUR EMPOWERING

Affirmation Guide

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New day

Affirmations

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- Life is happening for me, not to me
 - Where my focus goes energy flows
 - My breath and my heartbeat work as one
 - I can take on any challenge life sends my way, it is a chance to learn and grow
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Bedtime



Affirmations

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- I did my best today and I am proud of myself
 - I release today because tomorrow is a chance to start over
 - I let go of everything that bothered me today
 - I invite sound and deep sleep so that I recharge my mind and body

Job interview

Affirmations

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- I am prepared to answer any question with confidence and ease
 - I know exactly what to do to get this job
 - I am a confident and powerful person
 - I inspire others to follow me
 - I am focused and my energy is contagious to others

Public speaking Affirmations

- I am clear and rehearsed and I can't wait to connect with people
- I have so much wisdom I want to share with my audience
- I am courageous and I have the skills to communicate effectively to my audience
- I can change someone's life today with my words
- What I have to say is meaningful and impactful

*self-love
& self-care*

Affirmations

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- I am everything I need
 - I am enough for anything and anyone
 - I am deserving of love, wealth, peace and happiness
 - I create my own joy every day
 - I love myself therefore I take care of myself
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self-worth Affirmations

- I make mistakes so that I can learn and grow
 - The universe conspires to give me everything I need to succeed
 - I embrace the person I am and have become
 - I am a work in progress!
 - I love myself unconditionally
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Money



Affirmations

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- There will always be enough money for me
 - I am deserving of a wealth of every kind
 - Money flows all around me
 - I have an abundance mindset
 - I live to give
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Stress relief



Affirmations

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- I breathe in confidence and I breathe out stress
 - I inhale joy and exhale tension
 - I am calm and miles above it all
 - I can overcome whatever obstacles in all shapes and sizes
 - Fear is a tenant not a friend
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