

# an affirmation a day

OCTOBER 2022

AFFIRMATIONS ARE POSITIVE STATEMENTS THAT CAN HELP YOU TO CHALLENGE AND OVERCOME SELF-SABOTAGING AND NEGATIVE THOUGHTS.  
WHEN YOU REPEAT THEM OFTEN, AND BELIEVE IN THEM, YOU CAN START TO MAKE POSITIVE CHANGES.

1. I AM OPEN TO POSITIVE THOUGHTS AND HABITS

2. I WILL FOLLOW MY OWN HEART AND NOT THE EXPECTATIONS OF OTHERS

3. I WILL ALLOW SPACE TO LOOK AFTER MY MIND AND MENTAL HEALTH

4. I AM GRATEFUL FOR EVERYONE WHO I HAVE IN MY LIFE

5. I RELEASE PESSIMISM

6. I CAN DO ANYTHING THAT I SET MY MIND TO.

7. I AM FINANCIALLY ABUNDANT

8. I WILL ALWAYS PERFORM MY BEST

9. I HAVE FOUND PEACE WITHIN MYSELF

10. I AM ABLE TO MAKE DECISIONS THAT SUPPORT MY HAPPINESS

11. I AM GRATEFUL FOR LIFE

12. I AM IN CONTROL OF MY FUTURE AND HAVE THE ABILITY TO MAKE CHANGE

13. I WILL FOCUS ON PROGRESS

14. MY DREAMS ARE IMPORTANT AND WORTH PURSUING

15. I AM WORTHY

16. TODAY I WILL MAKE EVERYONE FEEL GOOD VIBRATIONS AND LOVE

17. I AM LOVED WORTHY AND ENOUGH

18. I AM HAPPY AND FULFILLED AND LIVING MY BEST LIFE

21. I WILL BE BRAVE IN MY VULNERABILITY

20. I ALLOW MYSELF TO BE WHO I AM WITHOUT JUDGMENT

21. I CARE FOR MY HEALTH, NOT ABOUT HOW I LOOK

22. I WILL AVOID OVERTHINKING AND DO WHAT MAKES ME FEEL FREE

23. I DESERVE STRENGTH, LOVE, PEACE AND HAPPINESS IN MY LIFE

24. I SPEAK TO MYSELF WITH LOVE AND RESPECT

25. MY OWN LOVE IS THE BEST KIND OF LOVE

26. I HAVE THE POWER TO CREATE NEW HABITS

27. MY IDEAS AND FEELINGS ARE IMPORTANT

28. LIFE IS SHORT – MAKE THE MOST OF IT

29. I AM LEARNING TO TRUST THE PROCESS

30. I AM LOVING LIFE

31. I BOLDLY CONQUER MY MONEY GOALS



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