

10 Affirmations

- 1. I nourish myself by saying no when I mean no and yes when I mean yes. I know what I want.**
2. I joyously release the past and embrace the present while I eagerly look forward to my future.
- 3. I am good enough just as I am. I approve of myself at all times.**
4. Everyone changes and I allow change in everyone.
- 5. Limitations are merely opportunities to grow. I use them as stepping stones to success.**
6. I choose thoughts that supports me.
- 7. I create and feel safety in my body.**
8. I am happy to see other people expressing prosperity. It is a mirror of my own rich abundance. There is plenty for all of us.
- 9. I give thanks for all of the love that is in my life now.**
10. I allow my loved ones to express their own unique individuality. It's alright if they have interests different from mine.

