

Positive

AFFIRMATIONS

Anxiety Calm Expectations
Happiness Money Peace
Pressure Procrastination
Relaxation Transformation

I am willing to begin with an
open heart & mind.

Let's Begin...

I give myself permission
to be calm.

I am strong and competent.

I can tame my fears because
I am in control.

When I feel anxious, I ask
fact finding questions and
I know I am on solid ground.

*I let go of the feeling of being in
unknown territory.*

I no longer need to be frightened.
I allow myself to receive the
light of who I am.

I have no need to worry about the unknown. I enjoy living in the moment.

My mistakes make me stronger.
I learn from them.

**I am only in control of myself.
What a relief!**

I can accept uncertainty
when it comes.

**Worry and anxiety cannot change my
circumstance, only positive thoughts
and actions can.**

↳ can confine my concerns into a manageable format.

I can remove the blindfold of anxiety and focus on the gold at the end of the rainbow.

I am fully capable of managing any challenge that comes my way.

I live a worry-free life.

I am not afraid.
I love my new feelings of calm & joy.

When I keep moving in the right direction,
I feel calm.

I can remain calm in times of change.

**I put on my calm hat when I
evaluate sticky situations.**

It is my choice to press the calm button
when minor emergencies arise.

I do not sweat the small stuff.

I challenge myself to be calm in order to
release daily pressures.

In times of crisis, I am safe.
I have a well thought-out recovery
plan waiting to be launched.

I am not perfect and that's okay.

I allow myself to rise above the challenges by being proactive.

Uncertainty does not sway me
from my plan of action.

Because of my realistic expectations, there is no such thing as disappointment in my life.

The more I let go of
unrealistic comparisons,
the better I feel.

**I am excited by the
presence of a new day.**

**I NO LONGER NEED TO ASK
OTHERS FOR ANSWERS TO
MY LIFE'S QUESTIONS.**

**THE ANSWERS ARE UNRAVELED IN
THE MYSTERIES OF LIFE.**

I deserve to arrive at my
destination without detour.

**I grow more patient with
myself and others
everyday.**

I am a problem solver.

**I let go of others' opinions of me.
It doesn't matter what they think.**

I can create a clear set of directions for my goals.

I accept people as they are.

My expectations come with its
own eraser, so I can always
make changes at will.

I avoid focusing on the trees
so I don't lose sight of the lush,
beautiful forest before me.

**I am relinquishing control
over the uncontrollable.**

**I am entitled to veto
bad habits and
poor decisions.**

*I am slaying mythical expectations
by merging my time and energy
into dynamic, fresh ideas.*

I am comfortable with the set of challenges a new day brings.

It is easy for me to let go
and enjoy the laughter
I have inside of me.

*I find reasons to laugh
everyday.*

As I let go of dissatisfaction,
I feel happiness in my life.

My life is full of peace and happiness.

I am where I want to be
in life.

I am thankful for all opportunities.
My attitude reflects my happiness.

**I open myself to experience
all feelings.**

I enjoy being me!

**I am happy with myself.
I relax and enjoy my life.**

**I define success on
my terms.**

I take small steps in life and
appreciate the time I have.

**I savor each moment of
each day.**

**In order to share happiness with
others, I must also be happy.**

*There is a beautiful light at
the end of my tunnel.*

I love being who I am.

I give myself permission to be happy.

There is a time and place to review finances. I will not think about bills and money at any other time during the day.

I make money.
It does not make me.

**The money in my checking account
cannot replace the joy, love, and
happiness in my life savings.**

Healing flows through my body when
I take a monthly night out to
do things I enjoy.

I choose not to allow unnecessary
stress to control me.
I deserve peace.

**I trust in my ability to relax.
I am calm and peaceful.**

***I trust that there is a plan
for my life, even if it has
yet to be revealed to me.***

I let go of exhaustion and allow
peace and tranquility into my life.

I am at peace because
I allow my body to recharge.

I know that healing my mind
gives me more energy to
tackle new challenges.

There is peace in my life.

**I ALLOW MYSELF TO FEEL THE
CALMING EFFECTS OF PEACE.**

I relax to get my mind off
the things that I cannot control.

Situations do not control me.

When a task overwhelms me,
I remember that I am fully capable
of accomplishing my goals.

**Prayer is available to me whenever
I am seeking peace.**

I release myself from worry when priorities change. I use that time to accommodate more pressing needs.

My resilience and calmness
inoculate me from external
pressures.

I release the pressure to work
outside of my natural limitations.

*I release things that have held me back.
I have no use for them.*

**It is safe for me to release the
imaginary constraints that I have
placed on my life.**

I celebrate my ability to take
risks and dare to take a
different direction.

A little pressure is the lift I need to hurdle over limitations and expectations.

No matter how I'm feeling, I simply begin.
I am able to build momentum to
accomplish anything.

My mind is focused and
attentive to my tasks.

I do not allow distractions to
infiltrate my thoughts.

**I fully let go of trying to remember
everything. It feels good to write
down important items
for safe keeping.**

I feel no need to create obstacles
for myself. I move forward,
stronger than ever.

I find it easier to say no to distractions everyday. I am able to stay on track.

By keeping organized and
utilizing my time wisely,
procrastination melts away.

Relaxation is my doorway to
peace, productivity, and
motivation.

**I am constantly achieving
peace and relaxation in my life.**

**I TAKE ONE HOUR EACH WEEKEND TO
LET RELAXATION FLOW LIKE A RIVER
THROUGH MY BODY.**

**I am at peace with others because
I choose to interact well each time.**

I allow all of my tension to
leave my body right away.

I actively seek out
relaxation in my life.

Time away from my work is
just as important as
time devoted to my work.

**As I soak in a tub of comfort and warmth,
I wash away the day's stresses and allow it
to disappear down the drain.**

I balance my evening with rest and relaxation so each morning I may rejoice in rejuvenation.

An hour of relaxation a day helps
to keep my doctor at bay.

I gratefully replenish my mind,
body, and soul.

**Relaxation is my tool for whittling
away stress and finding
peace of mind.**

I am creating a habit of taking a quiet pause each morning before launching myself out into the world.

**I enjoy regular evenings out to
help me let go, reflect,
and relax.**

I allow myself to simply be me.
I am not wasting time thinking
about what could be.

I joyfully anticipate doing things
out of the ordinary.

*I have the ability to expand my
comfort zone slowly and consistently.*

I appreciate new things
in my life.

Each day I am learning
new things.

Life changes line up with my goals, beliefs, and attitudes.

I embrace new opportunities
with an open mind.

What's Next?

1

Today, find 1 affirmation that resonates with you.

2

Print the page as a reminder & tape it to your bathroom mirror, computer, bulletin board, night table, & fridge.

3

Repeat each week.