



"I CHOOSE ME"

Affirmations for Daily Living and Empowerment

(adapted from various sources)

Individual Rights given to you by God:

The Right to Be, The Right to Individuality, The Right to Think (and feel), The Right to Do

The most common way people give up their power is by thinking that they do not have any.

Every single day you make a choice.

If you want a new tomorrow, make new choices today.

Give yourself affirmations of empowerment.

Choose to believe them. Choose to live by them.

I CHOOSE to BE

*I choose to believe that
God allowed me to exist
because I am lovable*

*I choose to believe that
I am a gift to the world*

*I choose to be pleased
with my appearance*

*I choose to radiate love and
joy to all I meet*

*I choose to believe that I am
a miracle that happens every day*

I choose life

*I choose to believe that I am
worthy of being rich*

*I choose to recognize that my
choices and possibilities
are expanding every day*

*I choose to value my
time and energy*

I choose to value myself

*I choose to recognize that my
choices and possibilities
are expanding every day*

*I choose to be a
blessing to the world*

*I choose to be a magnet
for miracles*

*I choose to believe that God's Spirit
flows through me; each cell of my
being is awake and alive with joy*

I CHOOSE Individuality

*I choose to be flexible
and open to change
in every aspect of my life*

*I choose to believe
that I am okay*

*I choose to believe that I have
a divine purpose that God will
clearly reveal it to me*

*I choose to embrace my pas-
sions and offer my gifts to help
others*

*I choose to accept good things
into my life with gratitude*

*I choose to be self-confident,
loving and generous*

*I choose to give myself permis-
sion to buy the things that are
most important
to me in life*

*I choose to believe that I am
worthy of being rich*

*I choose to be relaxed, peace-
ful and always filled with love*

*I choose to be happy, healthy,
wealthy, healed and whole*

*I choose to believe that with
God there are no limits to my
potential and personal power*

*I choose to believe that personal
power is something beautiful*

I CHOOSE to Think (and Feel)

*I choose to believe
that I am a good person*

*I choose to give
affirmations freely*

*I choose to appreciate
Myself and others*

*I choose to believe
that I deserve good in my life*

*I choose to believe
that I deserve to be loved*

*I choose to believe that God is
my Source and Supplier for all
material and spiritual sub-
stance*

*I choose to believe that there
is
Divine protection surrounding
me, therefore I am safe*

*I choose to believe that my
self-worth and net worth are
building every day*

I choose to dream

*I choose to allow myself to feel
successful*

*I choose to view myself as rich
because of the
Blessings I receive from God*

*I choose to be thankful
for the blessings which life
provides me*

I CHOOSE to Do

*I choose to make choices
and decisions that are
best for me*

*I choose to radiate love and
respect for myself
and others*

*I choose to be the best I can be
for God, myself,
and my fellow man*

*I choose to speak my words
with confidence*

*I choose to believe that
I can help to change the world*

*I choose to leap knowing
that if I fall, God is there to
catch me and lift me up*

*I choose to love and
live more every day*

*I choose to be in a place
where I am safe and secure*

I choose to be successful

*I choose to accept abundance
that might be available to me
right now*

*I choose to allow myself
to play and enjoy life*

*I choose peace and an abuse
free life*

*I choose to be willing to accept
the best life has to offer*

***I CHOOSE
to BE***

I choose to believe that I breathe because my Creator gives me breath.

I choose to expand my gratitude and expand my world.

I choose to give thanks continually as I move through each day.

I choose to accept the good that is flowing into my life.

I choose to be happy.

I choose to smile for it lightens my life

I choose joy and trust my intuition to follow where it leads

I choose to see each morning as good, because I am alive.

I choose to believe that I can make a difference

I choose today to trust divine guidance to control my actions believing that I will be brought to joy and prosperity

I choose to believe that it is good for me to live

I choose to nourish my body and mind in healthy ways

I choose to enjoy life

I choose to believe that I am worth loving

I choose to believe that I can experience love where ever I go

I choose to believe that I am likable, lovable, competent and capable

I choose to believe that God is always there for me

I choose to breathe

I choose to be alive

***I CHOOSE
Individuality***

I choose to be the kind of person that I desire into my life

I choose to bring love to everything I do

I choose to value my time and energy

I choose to value myself

I choose to bring love to everything I do

I choose to be ready for a relationship filled with love to enter into my life

I choose to appreciate those who love me.

I choose to be grateful that my body operates effortlessly

I choose to release all negativity and hold joy in my heart.

I choose to feel good about who I am and my potential

I chose to believe that God gives me the power, with His help, to change what I need to change

I choose to be in control of my life

I choose to believe that I have a powerful mind and a powerful soul

I choose to fully accept myself and know that I am worthy of great things in life.

I choose to release all negativity that is blocking the divine expression of who I am

I choose to believe that the only truth that is authentic is what God says about His love, design, and purpose for me

I choose to believe that God's power is individualized in me

I choose to unconditionally give my love when it is safe to do so

***I CHOOSE
to Think (and Feel)***

I choose to believe that I deserve to be happy and successful

I choose to learn from my successes and from my not-so-successes to get better each day

I choose to believe that I am worthy of receiving abundance

I choose to learn from my successes and from my not-so-successes to get better each day

I choose to believe that I am worthy of receiving abundance

I choose to believe in unlimited possibilities

I choose to trust that God will always meet my needs

I choose to feel good about myself

I choose to have the warmth of love surrounding me

I choose to believe that happiness is my choice

I choose to believe that happiness exists where I choose to look for it

I choose to believe that can I change my life if I need to

I choose to perceive things around me through the eyes of love

I choose to fill my mind with loving, healthy, positive and empowering thoughts

I choose to believe that today is filled with opportunity

I choose to believe that today my world is changing for the better

I choose to have peace within

***I CHOOSE
to Do***

I choose to do the best I can in whatever task I am given

I choose to get the experience and understanding I need to perform my absolute best.

I choose to be willing to accept the best life has to offer

I choose to always do my best

I choose to let my energy be focused and directed towards my goals

I choose to step out of my comfort zone

I choose to be open to love

I choose today to take one step closer toward my dreams

I choose to believe that there is enough time and space for everything I want to do

I choose to explore new experiences that can be beneficial for me

I choose to believe that what I don't see with my eyes can be growing in my heart, expressed in my dreams, and on its way to my reality

I choose to act from a place of personal security

I choose to let God be the center of all power

I choose to release all worry, and thoughts of past failures

I choose to believe that limitless energy is flowing through my body

I choose to release my need to prove myself to others