

General Statements of Well-Being

It is very helpful to have some general statements of positive belief that you carry with you. These need to be default statements that you can bring forward in your thoughts whenever needed. They are like handy tools you keep close and reach for often.

You might bring your statements forward when you are anxious or worried. If you catch yourself thinking or saying something not of benefit to you, reach instead for a general statement of well-being. You can use it as a replacement thought if you catch yourself thinking a resistant thought.

These statements should apply to many situations. That's why they are general!

They must feel true to you: they must resonate with you and with your beliefs.

For instance, you might believe: ***Everything is always working out for me.*** You may not know how or when. But you have had hard times before, and you always made it through.

The Universe has my back.

I am loved and supported.

Intuitive guidance is always available to me.

I know I am going to be all right. You don't need the particulars of how it is going to work out. But you have been in struggles before, and always came through on the other side.

My life is getting better and better.

Good things are happening for me.

I will be okay. In fact, I am okay right now, in this moment.

This situation is temporary. Well-being is mine.

Avoid cliché statements that you don't believe. You want your statements to feel true, but also hopeful. You need a statement that will reassure you when you feel stressed.

Sometimes, it can be hard to feel that well-being is dominating our lives. But most people experience more positive, or at least neutral, than negative in their lives. Even during the bleakest of times, we can find positive things if we look for them.

Find a statement that reasserts your well-being, and let it become your new mantra. You may want to try several on for a while, and see which ones bring you the greatest relief and reassurance.

Repeat it to yourself when you are waiting in line at a store or sitting in traffic. Allow it to become a default thought in how you think about your life, a practiced vibration. Keep this thought active in your life so you can find it easily. Use it often.