

Daily Positive Affirmations

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Here are the affirmations that I say daily. You can tap on your upper chest between your breast with your four fingers while saying them or say them while doing the Empowering March which I can show you anytime.

I'm abundantly healthy happy and successful.

Absence of resistance, let life flow effortlessly through me.

I'm light buoyant buoyed by hope, safe secure, trusting the flow of life.

I'm an intuitive person and act on my gut feeling.

I'm steadfast.

I project Love, Peace and Happiness.

I'm grateful and thankful for life's experiences that bring me inspiration and joy.

I'm inspired...I don't need any person, place or event to make me feel Happy, Safe and Secure.

These keep me on a balanced positive path in life daily.

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Life solutions for your Heart and Soul