



Affirmations

What is an affirmation?

- A positive statement that is declared to be true.
- A positive phrase that is used to challenge an unhelpful or negative thought about oneself.
- A powerful tool to change the subconscious and transform limiting beliefs.

Some powerful affirmations include:

I am enough

I am love

I am filled with light

I am confidence

I am strength

I am courage

I am joy

I am peace

I am expanding my view of life

I am creative

I respect myself

I honour myself

I am a healthy body

I am a healthy mind

I am learning to love myself

I allow myself to be fully me

I am grateful

I am worthy

I am successful

I am confident

I am powerful

I overcome obstacles

I learn from my mistakes

I am abundant

I walk in nature every day

I meditate every day