

7 POWERFUL DAILY AFFIRMATIONS

Guidance: Sit in a quiet place, take a few deep grounding breaths, put your hand on your heart, and read aloud the statements below.

1 All is well in my world. Everything is working out for my highest good. Out of this situation only good will come. I trust that I am safe.

2 I accept the flow of life. I accept and let my emotions and feelings to flow freely. I feel happy, energetic and lively.

3 I am strong and confident. I acknowledge and value the power within me. I am perfect just as I am.

4 I courageously choose love, joy and transformation . I see love. I feel love. I am love.

5 I am learning to express myself in a way that feels good to me. I am learning my truth. My truth becomes clearer every day.

6 I now breathe and move into my natural well-being. I am connected to my inner vision. I am calm. I only exist right now.

7 I am worthy of Divine guidance. I am my highest, most authentic self. I am worthy of unconditional love from divine energy.



30-Day Challenge

Repeat the above affirmations for 30 days and color in the circles to track your progress.

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