



# EXAMPLES OF AFFIRMATIONS

Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of “positive thought.”

1. I am the architect of my life; I build its foundation and choose its contents.
2. Today, I am brimming with energy and overflowing with joy.
3. My body is healthy; my mind is brilliant; my soul is tranquil.
4. I am superior to negative thoughts and low actions.
5. I forgive those who have harmed me in my past and peacefully detach from them.
6. I possess the qualities needed to be extremely successful.
7. (For business owners) My business is growing, expanding, and thriving.
8. Creative energy surges through me and leads me to new and brilliant ideas.
9. My ability to conquer my challenges is limitless; my potential to succeed is infinite.
10. My thoughts are filled with positivity and my life is plentiful with prosperity.
11. Today, I abandon my old habits and take up new, more positive ones.
12. Many people look up to me and recognize my worth; I am admired.
13. I acknowledge my own self-worth; my confidence is soaring.
14. I am a powerhouse; I am indestructible.
15. Though these times are difficult, they are only a short phase of life.
16. My future is an ideal projection of what I envision now.
17. I am conquering my illness; I am defeating it steadily each day.
18. My obstacles are moving out of my way; my path is carved towards greatness.
19. My fears of tomorrow are simply melting away.
20. My nature is Divine; I am a spiritual being.