

# Affirmations

Today is the first day of the rest of my life and I will take notice of the many positive things this day has to offer.

- I am beautiful.
- I like myself.
- I like my body.
- I can feel how beautiful I am.
- I do not need to respond to my emotions with food. Rather I am in control of my eating habits and eat only when I am hungry.
- I have the time to exercise and see and feel my body has strength, poise and assurance.
- I walk with determination and confidence.
- I can see and feel that I am physically fit.
- I hold my head high.
- I am strong physically and mentally and emotionally.
- It is easy for me to be in control of my body; both with my eating and exercising habits.
- I enjoy looking good and feeling healthy.
- I live a healthy, positive lifestyle.
- People like me and I like myself and I am happy.
- I can see how much people like me and how much I like myself.
- I am loved and supported by people who are important to me.
- I love and care about others and they know this because I show it to them.
- I am a loving and caring person.
- I sometimes enjoy being with people and feel good about my interactions.
- I see myself as beautiful and intelligent and confident and that is how others see me.
- I have friends who care about me, and I care about them.
- I feel great as I live with the confidence to be myself and live by my own inner guidance and can interrelate to those around me, without sacrificing my own values, goals and purposeful direction.
- I have a lot to be proud of.
- Today I feel good
- I am happy.
- I am glad to be alive
- I am in control of my life.
- I have personal power.
- I am perfectly me.
- I am the best I can be.
- I am centered and well-balanced.
- I have confidence and poise.
- I live by my positive choices.
- I accept myself for who I am and I like myself.
- I know that I am not perfect and never will be, but I like who I am.

- I have perseverance.
- I am intelligent.
- I make wise choices to the best of my ability.
- I enjoy the process of learning and becoming all that I want to be.
- I am able to express my emotions in a healthy, positive way.
- I can do anything I want.
- I have many options and always make the best decisions I can.
- I have stability in my life and in my self.
- I am willing to take the risks necessary to being happy and living the kind of life I have chosen for myself.
- I am moving in a positive direction towards my goals.
- I have everything I want.
- All that I want and desire is within me to achieve.
- I have limitless resources and I use those resources for good.
- There is enough time in the day to do all that I want to do.
- There is nothing I cannot do or be if I want to.
- Today I will be calm and confident.
- I am everything I want to be.
- I am happy with what I do.
- Everyday is better than the next.
- My life has purpose
- There is no one else I would rather be.
- There is no place else I would rather be.
- I am in control of my choices and I like them.
- All that life has to offer me is wonderful and it is my daily choice to enjoy that beauty.
- There is abundance in the Universe and it is there to help me and I can use it.
- No matter what the events of the day, the Universe is positive and will always be with me to help me through my choices, and struggles and acts as my inner guidance, direction and purpose and this is something I can always count on.
- Today is my day. There is no person, no thing, no event or activity that can destroy this day for me.
- I have the courage to accept the things I cannot change, to make choices to change the things I can and the wisdom to know the difference.
- There is no limit to what I can do today, to what I can be, to the attitude I can possess.
- Today is the first day of rest of my life and I will take notice of the many positive things this day has to offer.