

34 AMAZING AFFIRMATIONS FOR ANXIETY

Things always work out for me
Everything is working out the way it is supposed to
Everything in my life unfolds in the perfect time
Things always work out how they are meant to
I choose to let go of things I can't control
I am safe and comfortable in this moment
I am so thankful for this moment
I am always able to overcome any struggle
Things will work out
What will be will be
I choose to be present and happy in this moment
Worry doesn't serve me and I choose to leave it behind
I am safe, loved and happy
I deserve to live my very best life
Everyday life gets better and better
I choose to surrender and trust things will work out
Good things happen to me constantly
Something really great is going to happen to me today
There is good in every situation
This moment is perfect just how it is
I am so blessed to live this life
I always learn valuable lessons from any situation
Time always works everything out
I deserve to feel at peace in this moment
I always know the right thing to do
In every struggle, I learn a valuable lesson
Everything is perfect just as it is
Things always unfold as they are meant to
I believe everything always works out for my highest good
Good things happen to me constantly
I am so incredibly lucky and fortunate
Decisions come to me easily
I find the good in every situation
Nothing can bring me down
My life is perfect just as it is
I trust myself to know what the right thing to do is