

Transformation Affirmations



This too shall pass
My future is so bright
I deserve love and happiness
I forgive myself
Even though things are hard right now I unconditionally love and accept myself
I deserve happiness
Healing is possible for me
I am strong and I never give up
I am thankful for the challenges in my life
I can choose my thoughts and feelings
I am an unstoppable champion



Life is always getting better
There is so much happiness in the future
I accept myself just as I am
It is safe for me to shine
I have so many gifts to share with the world
I am an unstoppable force for good
I am needed and valuable
My vulnerability is my superpower
I deserve to heal and I am ready
There is so much in my life that I love and appreciate
My struggles do not define me
I am a freaking survivor and no one can hold me down
There are so many blessings waiting for me in the future
I am committed to my mental health journey and I accept where I am
Everything is working out exactly as it should
Things are always going in my favor



I am willing for this process to be magical
I am willing to see things differently
I choose to surrender and trust the process
My discomfort won't last and all pain is temporary
I am a warrior
I am ok exactly where I am right now
It is safe for me to be myself
I love and appreciate myself just as I am
I deserve to heal
Happiness is my freaking birthright
I forgive everyone that has hurt me
My past does not define me
I am willing to let go of my past
I am leaving behind doubt and fear
I am choosing to step into my power
Every day I am getting stronger and stronger
I have the power to change my life
I always find the positive in every situation
I am OK right now
Healing from depression is possible for me
Many people heal from depression and it is possible for me too

