

AFFIRMATIONS

HAPPINESS

Everything that is happening now is happening for my ultimate good

Every day my happiness expands

I am deserving of happiness, love, peace, freedom, money and anything else I desire

Success

My ability to conquer my challenges is limitless; my potential to succeed is infinite

I am worthy of all the good life has to offer, and I deserve to be successful

I have much to celebrate about myself and my life

Relationships

It is important that I feel loved and secure

I deserve to have a lasting relationship

I attract wonderful people into my life

Self Love

Today I choose me

I choose to stop apologizing for being me I deserve all that is good

I am powerful beyond my wildest dreams.

Body

I love my body as it is today

My body is perfect the way that it is and I honor it in this state

Others opinions of my body do not affect or involve me