



Cut on the dotted lines. Fold each affirmation and place in a jar, box or bag next to your bed.
For 31 days choose one to read daily.

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| I am a capable person and I can handle whatever comes my way today. | I choose to approve of myself just the way I am. I no longer wait to be perfect to accept myself. |
| I gently release anger and anxiety from my mind and body. | Life is simple. When I transform my thoughts and words my life also transforms. |
| I choose to be at peace with people, situations, and challenges in my life. I am always at choice. | When I take good care of myself, I am able to take better care of others too. |
| All is well. Everything is always working out for me. | My feelings are acceptable and natural. I manage my emotions with ease. |
| I choose to approve of myself exactly the way I am. | I gently release my doubts and fears and begin to trust in the process of my life. |
| Today I take time to breathe deeply and to enjoy the simple things in life. | I forgive myself for not being perfect. I am doing the best I can and every day it gets easier. |
| I am willing to take responsibility for my life and my thoughts. | I am learning how to relax and enjoy the little things. I choose to make my life simple and easy. |
| I easily release any desire for suffering or drama. I deserve happiness and I accept it now. | Everything is always working out for me so I can just relax and enjoy my life. |
| I am a powerful person and today I choose to support myself in positive ways. | The more I accept myself exactly as I am, the easier it is to accept others exactly as they are. |
| I trust in the process of life and I feel more at ease with each passing day. | I am compassionate and understanding. I easily forgive myself and others. |
| I move through life knowing that I am safe, protected, and loved. | I am in charge of my happiness. Today I choose thoughts that make me feel good. |
| I have the power to make positive changes in my life. It's all up to me. | I know I can handle whatever happens today. I am a capable and confident person. |
| Today I choose to treat myself with kindness, patience, and respect. | As I create harmony and peace in my mind, I also find it in my life. |
| I easily let go of things I cannot control. I choose to be at peace. | I have the power to support myself. Today I accept and use my own power. |
| I create my own safety and security. All is well in my world. | I gently release the need to control people or situations. I remind myself that everything is always working out for my highest good. |
| I am constantly discovering new ways to take care of myself. I am in the process of becoming my own best friend. | |