



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.

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.	