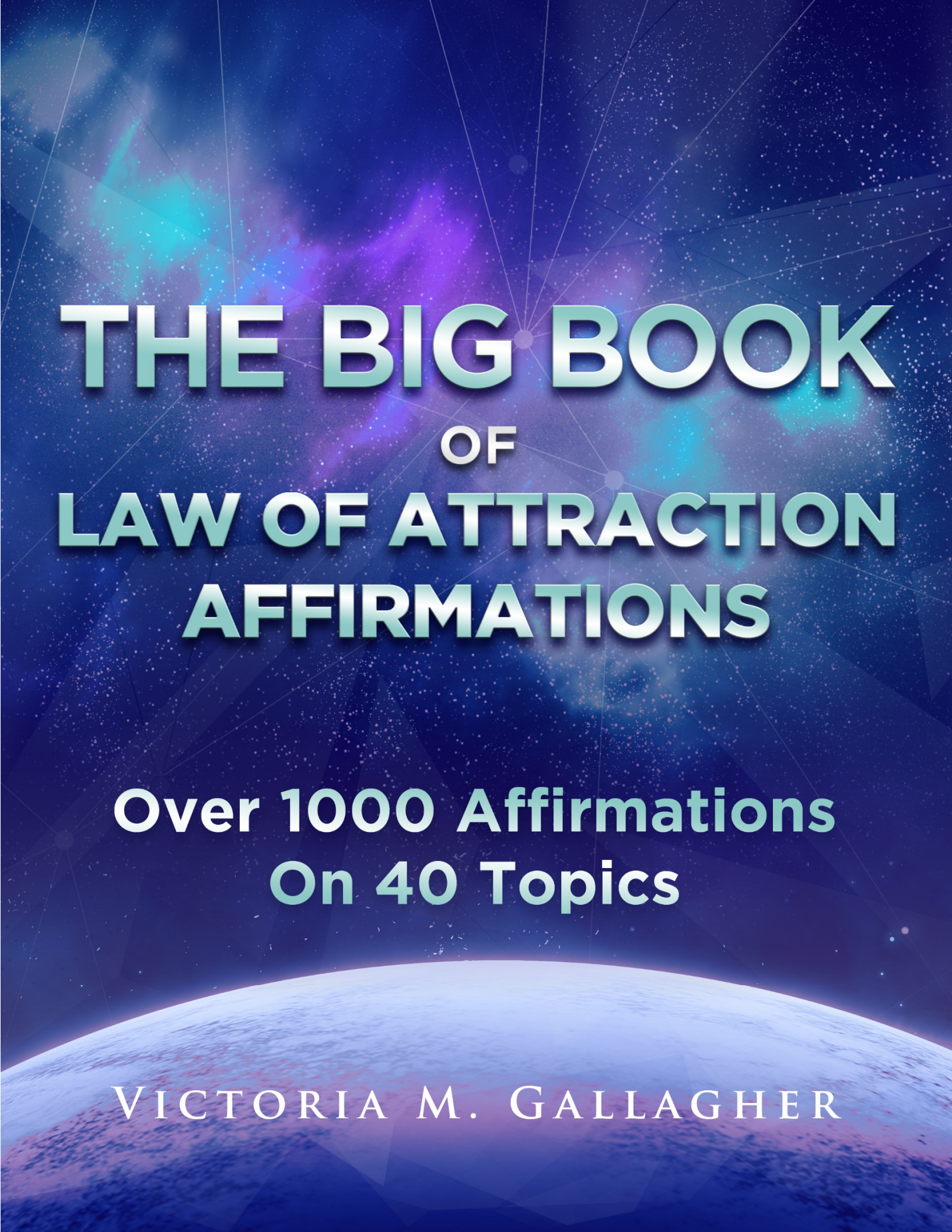


The background of the cover is a deep blue space scene. It features a large, vibrant nebula with shades of purple, magenta, and teal in the upper half. A network of thin, light-colored lines connects various points, forming a spherical structure that resembles a molecular model or a celestial map. The bottom of the image shows the curved horizon of a planet, likely Earth, with a blue and white atmosphere.

THE BIG BOOK OF LAW OF ATTRACTION AFFIRMATIONS

**Over 1000 Affirmations
On 40 Topics**

VICTORIA M. GALLAGHER

**The Big Book
of
Law of Attraction Affirmations**

**Over 1000 Affirmations
On 40 Topics**

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The Truth About Affirmations and How to Make Them Work for You

If you're new to affirmations, this book will help get started. Positive statements can be powerful.

A recent study confirmed the effectiveness of affirmations. Researchers at Carnegie Mellon University found that people under high stress did about 50% worse on a problem-solving test. However, when they used a brief self-affirmation first, they did just as well as the other participants.

This book not only explains the benefits of using affirmations and how to get the most from them, but it also provides over 1000 Law of Attraction Affirmations you can use in practically every area of your life!

The Benefits of Affirmations:

Improve your performance. *In addition to overcoming stress, affirmations can also help you learn from your mistakes.* They promote flexible thinking that makes it easier to spot your errors and form new habits.

Feel better. This is medicine that tastes good. *Skillful self-talk cheers you up instantly.* It's like giving yourself a hug.

Enjoy better relationships. It's easy to slip into defensiveness when you feel tense. Affirmations give you a more constructive method for dealing with difficult issues so you can remain open to what others have to say.

Protect your physical health. Chronic stress triggers inflammation and interferes with your metabolism. Simply relaxing reduces your risk for many serious health conditions, including obesity.

Draw on your strengths. Maybe you excel as a parent, but struggle with public speaking. Affirmations remind you of your most important strengths and help build your confidence in weaker areas.

Take them everywhere. Your boss may look at you funny if you interrupt a staff meeting to get a massage. On the other hand, you can recite uplifting messages out loud or silently wherever you go.

Discover more meaning. *Most importantly, affirmations welcome more meaning into your life.* You'll be more mindful of your choices and how your actions contribute to fulfilling your purpose.

A Few Rules about Affirmations:

Time it right. Prepare yourself for challenging tasks. Perform an affirmation before you give a presentation or depart on a long flight.

Clarify your values. You can apply affirmations to any area of your life, from baking a cake to putting out forest fires. Affirmations have the greatest impact when you tie them to your top priorities, whether that's your family and friends or world peace.

Write it all down. Recording your statements in a journal makes them feel more concrete. Spend about five minutes jotting your thoughts down. Identify what matters most to you and figure out the reasons behind your values.

Take supporting actions. Naturally, your behavior needs to match your words. If it's important for you to be a great tennis player, work on your backhand. To care for sick animals, enroll in veterinary school.

Use a combination of resources. Blend your affirmations in with other source of assistance and encouragement. Devote time to spiritual practices or talk with a friend about a conflict to get their perspective.

Develop a strong intention. *Forceful wishes create mighty affirmations.* Reflect on your motivation and give your full attention to what you're saying. Engage all your senses to produce a vivid experience. If you're trying to grow your own vegetables, imagine how they'll look and taste.

Be sincere. Analyze your affirmations to be sure they feel authentic for you. Go ahead and proclaim you're a top salesperson if you really believe it. Otherwise, you may want to build up gradually by praising yourself for each call or visit you make.

Affirmations can lead to exciting breakthroughs, whether you want to lose weight or acquire new clients at work. Focus on your core values and let them guide your actions and affirmations.

The Bad News about Affirmations

As you go through life, you're constantly affirming your own thoughts and beliefs. Throughout each day, you consciously and unconsciously tell yourself things based on your belief system.

The problem is, much of the time you may actually be re-affirming negative thoughts rather than positive ones. This is *bad* news. After all, if your affirmations are negative, you can expect only negative outcomes!

How many times in a day do you tell yourself how stupid you are for forgetting something or how fat you are when your favorite jeans feel tight?

Negative thinking reinforces an internal belief that we'll never be able to change ourselves and that we're destined to continue repeating our self-destructive behaviors. When we re-affirm our negative thoughts, we enter into a vicious cycle that leads to even more negative thinking.

Imagine how different your life would be if you began using affirmations to reinforce the *positive!*

Affirmations work wonders if you use them properly. By making a few simple adjustments in the way you phrase your inner dialog, you can begin using this powerful technique to change your thinking and change your life.

Your subconscious mind accepts things on a very literal basis, so for affirmations to work effectively, you need to follow a simple formula.

Follow these tips to create positive affirmations that can change your life for the better:

1. **Your subconscious needs to know you're doing something *now*, not in the future.** For example, if you state an affirmation as something you *want* to change, such as *"I will quit smoking,"* your subconscious cannot distinguish what you mean by *"I will."* It has no sense of planning for the future. In fact, your subconscious mind will accept what you tell it, even if the behavior has not yet happened, that's why you should ***state your affirmation as if it's already a fact.***

"I am free from the desire to smoke" is an effective affirmation and will begin to program your subconscious mind into thinking as a non-smoker, even before you put down the cigarettes.

2. **An affirmation must be personal for your subconscious to accept it.** Saying, *"You need to eat healthy"* won't help you change your diet. When your subconscious hears the word *"you,"* it doesn't interpret it as a statement directed at yourself. Instead, ***phrase your affirmation in the first person.*** Stick to *"I"* in your affirmations and you'll soon notice a strong positive effect on your behaviors.

"I enjoy eating healthy foods" is a positive, first person affirmation that will help you begin making better choices when you reach for a meal or snack.

3. **Your subconscious mind is very literal.** It can't process the concept of *"not."* The statement, *"I am not going to lie on the couch watching TV when I should be exercising"* won't do anything other than re-affirm how you

should lay on the couch in front of the television. ***Form your intention in a positive way, even if you haven't made the behavior change yet.***

"I enjoy exercising in my spare time" is more likely to motivate you to get up and go to the gym, instead of reaching for the remote control and a bag of chips.

Positive, personal, present tense affirmations are extremely powerful in changing how your subconscious affects your behavior.

Make an effort to stop reinforcing your old, negative thinking that keeps you caught in a rut. Try using these three simple techniques today to create affirmations that can change your subconscious programming, your actions, and your life for the better.

Why Use Positive Affirmations Every Day?

Thinking positive thoughts every day allows you to live a more positive life.

It's easy to be overcome by negative thoughts and experiences, and it's important to create a positive dialogue with yourself to get you through those tough times.

Some people call these thoughts positive self-talk, and this form of inner dialogue can allow you to reach new heights as a person, overcoming all that stands in your way.

Understanding Positive Self Talk

Positive self-talk is the practice of responding to those negative thoughts that creep into your mind throughout the day. You know the thoughts: the ones that have you thinking, *"you can't"* instead of *"you can,"* or *"it's too hard"* instead of *"you can do it."*

When you replace such negativity with positive thoughts, you can bring about astounding changes in your life and the way you feel about yourself.

For instance, when you're starting a new job, and your mind says, *"There's no way I'm going to fit in here. I don't deserve this job"* you can stop this dialogue in its tracks.

Instead of letting your mind go on and on, envisioning one disaster after another right up to the moment you're fired, you can respond with positive thoughts. These positive thoughts can also be called positive affirmations.

Positive Affirmations and You

It can take a lot of practice to make the change to positive self-talk when you've always experienced negative self-talk. Perhaps you can't even remember a time when this negative dialogue wasn't playing in the background of your life.

You may need to put some effort into responding to the negativity with positive thoughts, but by using positive affirmations, the effort required is an easy task. ***Positive affirmations allow you to replace your negativity, one thought at a time!***

I've put together this big book positive affirmations to help you to think positive about the most common goals people have on their Law of Attraction manifesting journey.

You may be wondering if it's possible to change your life with positive affirmations. Consider this. Negative thoughts have been running through your mind throughout your life and gotten you where you are today.

If negative thoughts got you where you are today, can you imagine where you would be if negative thoughts were replaced by positive thoughts?

Now you see why I use positive affirmations every day. Positive thoughts really *can* change your life!

If you want to lead a positive and fulfilling life you must have a positive mindset. In order to think positively, you must replace the negative thoughts that are already running through your mind.

Positive affirmations activate your mind to replace negative thoughts and develop a positive mindset.

They're so easy to do and say. Once you become used to using affirmations on a daily basis, you'll wish you'd started with them sooner.

Start using positive affirmations today and manifest the life you've always dreamed of!

A Proven Process for Using Affirmations Effectively

We all know that we should think more positively. But, it's not easy to change our thinking. Our thought processes quickly become habits that are challenging to change.

Affirmations are one way to take control of your thinking. Not only are you thinking something positive when you repeat an affirmation, but you're also avoiding a negative thought at the same time. That's progress!

You might think that you know all about affirmations, but many of the common assumptions are incorrect. There's no point in wasting your time with affirmations that are doomed to fail. Educate yourself about affirmations before spending any time and energy on them.

The effective use of affirmations can have a positive effect on your thoughts and behavior.

Use these ideas to make the most of affirmations:

1. Understand the characteristics of an effective affirmation:
 - **The affirmation must be in the present tense, such as, "I eat healthy food each day."** A poor affirmation is: "I will eat healthy food each day." That statement is in the future tense.
 - **An affirmation must be positive.** "I don't eat unhealthy food," is an example of our same affirmation stated in the negative, which doesn't work effectively either.
2. **List your current weaknesses.** The lower-rated areas of your life are dragging you down. It's best to create affirmations that address your

weaknesses. Make a list of what you consider to be your weaknesses as a first step.

- Which weakness is causing you the greatest trouble? Which one would you choose to turn around if you could?
3. **Create 3-5 affirmations that address your greatest weakness.** There are over a thousand of affirmations in this book! Feel free to use these, modify them to your liking, or invent your own. Make a list and then **choose a couple that give you the greatest emotional boost as you read them.**
 4. **Avoid engaging in negative thought patterns.** Negative thoughts undo your positive thoughts. When you notice you're having a negative thought, stop yourself and repeat your affirmations to yourself.
 5. **Use your affirmations in different forms.** Avoid just thinking your affirmations to yourself. There are many other options. Use them all. Cover all the bases and you'll be more likely to experience success.
 - Read them.
 - Speak them aloud.
 - Record and listen to them.
 - Visualize yourself acting as if the affirmation were reality.
 - Repeat them to yourself silently.
 6. **Use your affirmations throughout the day, but also use a schedule.** Set aside five minutes, three times each day, to repeat your affirmations. You can do this during normal alone time in your life. You might repeat your affirmations in the shower, driving to work, on your lunch break, driving home, or in bed at night.
 7. **Be prepared to change your behavior.** Affirmations ultimately produce changes in your life when your behavior changes. Affirmations aren't a form of magic, but they can change your focus and beliefs. Be ready to use those changes to facilitate changing your behavior.

Affirmations can be an effective way to change your life.

Affirmations are most effective when they are structured properly, address your weaknesses, and are used consistently.

Give affirmations a chance to work for you. Use the process to create a few affirmations and use them for 30 days. Notice the changes you experience!

Once you've addressed one weakness, move on to another. Everyone should have a few affirmations in their pocket regardless of how successful and happy they may be. You can always enhance your life further.

Affirmations for Love

I deserve a love that accepts me as I am.

I enjoy it when I feel loved.

I am learning to give and accept love.

It feels great when others express their love for me.

I am attracting loving and caring people into my life.

I enjoy giving love as much as I enjoy receiving love.

I love seeing the love all around me.

I like it when I meet loving individuals.

I am learning to give the kind of love that I want to receive.

I enjoy loving feelings in every area of my life.

I look for the love in every interaction.

I am open to expanding my capacity to give and receive love.

I love being in love with someone who loves me as much.

I enjoy sharing my loving vibration.

I am regularly reinvigorating the love in my relationships.

My heart is always open to and attracting love.

I am attracted to love.

The more I treat myself lovingly, the more others do, too.

My ability to love allows me to have compassion and forgiveness for others.

I recognize what a truly unlimited gift love is, and I give that gift to others.

I practice unconditional love with myself

The more love that I give, the more joy and happiness I receive.

Just as love is unlimited, so is my ability to create with love.

By acting in loving ways, my actions have more power for good.

I am aligned with a loving vibration that fills me with positive feelings.

Affirmations for Relationships / Sexuality

I look forward to meeting my soulmate.

I am choosing to believe that I am capable of a successful relationship.

I love myself and love that my partner doesn't need to make me happy.

I enjoy being in a relationship where my partner and I are equals.

It feels good to have mutually-beneficial sexual experiences with my mate.

I like it when my partner knows what I like because I tell them.

I love it when I feel safe with my partner.

It's great when my partner is clear in their expectations of a relationship.

I like it when my partner and I are on the same page about what we want.

I am learning to appreciate my partners' unique opinions and ideas.

I am creating space in my life for an attractive, loving partner.

I have an abundance to offer in a loving relationship.

I am confident in my sexuality because I know what I want.

I enjoy pleasing my partner and satisfying their needs.

My partner finds my sexual confidence attractive.

I am open to experimenting sexually with my partner.

I am learning to become assertive about what I want in bed.

I know that I deserve to enjoy sex.

I feel good about exploring fantasies with my partner.

I am practicing becoming secure in my sexuality.

I make sure that my partner knows how important they are to me.

I like making my partner feel comfortable and confident.

I know that my soulmate is as eager to meet me as I am them.

I am becoming a better person and partner for myself and them.

I keep making myself into a more attractive partner.

Affirmations for Friendships / Family

I enjoy friendships with people who are positive influences.

I feel blessed to be part of a loving family.

I love it when good fortune finds my family.

It feels good to know that my friends and family are safe.

I enjoy being able to express myself with my friends.

I like it when I meet friends with common interests and hobbies.

It feels good when my family and I make time for each other.

I feel good when my friends and family know that I really *hear* them.

I enjoy to deepening my relationships with my friends and family.

I take daily action toward making my friends a priority.

I deserve friends that make me feel good about myself.

I am learning to be a better friend to my friends every day.

I have the courage to be honest with my friends and family.

I know my friends and family accept me for who I am.

I love it when my friends and family are appreciative of me.

I like it when my friends offer guidance and support.

I enjoy being around friends who are driven and motivated.

I like it when my family is treated well by others.

My relationships with my friends and family improve every day.

I feel blessed to have such wonderful friends and family in my life.

I love having the opportunity to be supportive of my friends.

I enjoy spending time with my family as often as I can.

I am always happy to meet new positive potential friends.

I am working toward giving my family the kind of support they need.

I love it when my friends and family make me feel loved and respected.

Affirmations for Gratitude

I choose to be grateful for the little things in life.

I am more grateful for what I have in my life every day.

I love observing all of the ways that I am abundant.

It feels good to find ways to appreciate challenges.

I feel lucky to realize how incredible my life really is - just as it is.

I am choosing to show appreciation for that which I am grateful.

I take daily action toward being grateful for people I care about.

I am grateful for the personal growth that I am experiencing.

I enjoy expressing my generosity toward others without expectations.

It feels great to be aware of what I have to be grateful for.

I am grateful for the experience and wisdom within me.

I am experiencing gratitude in new ways all the time.

I am worthy of blessings, and grateful for each and every one.

I am grateful for my generous nature.

I have immense gratitude for my infinite curiosity about the world.

I like that gratitude comes naturally to me.

I feel grateful for being able to help others often.

I like when my gratitude is expressed in my actions.

I am grateful for my thoughts and my emotions.

I enjoy seeing gratitude working magic in the lives of myself and others.

I feel very grateful for being trusted with the responsibilities that I have.

I like that I am more in tune with my gratitude every time I experience it.

I enjoy finding new ways to be grateful for the people in my life.

I am grateful for all of the ways that abundance flows into my life.

I enjoy immense gratitude for having many choices in my life.

Affirmations for Mindfulness

I enjoy being in the present moment.

It feels good to be still and be in the “now”.

I am ready to experience all of the benefits of meditation.

I enjoy thinking more clearly when I practice mindfulness.

I am fully present and focused when interacting with others.

I enjoy the new perspectives that mindfulness gives me.

I am working toward being more open-minded.

I like being aware of the consequences of my actions.

I am learning to think before speaking.

I enjoy being in control of my actions.

I find it easier to focus on the present each time I do it.

I love making conscious and informed decisions.

I like how much smoother things go when I set an intention for the day.

It feels great when I silence my mind and listen intently.

I enjoy how observing of my thoughts causes them to be more positive.

I choose to be conscious of what I feed my mind as it deserves the best.

I am aware of my emotions and free to express them.

I enjoy receiving intuitive guidance.

I am ready to enjoy enlightened experiences.

I take daily action toward focusing on my breathing.

I am excited about how being mindful is enhancing my awareness.

It feels good to be without having to qualify it - I can just *be*.

I work toward being comfortable in my own skin without distractions.

I am learning to enjoy the benefits of silence and solitude.

I feel good when I give my mind a chance to be still.

Affirmations for Career / Success

I like it when things go smoothly at work.

I love it when I am able to complete work early.

I do work that is important and needed.

I enjoy working with people who value my opinions.

I like it when I under promise and overdeliver on tasks.

It feels good when I am put in and excel in a leadership position.

I enjoy being able to honestly exchange ideas with my co-workers.

I am very good at what I do and strive to be better.

I love having a positive and beneficial relationship with my clients.

It feels good to find solutions and ways to improve upon my processes.

When I do better than I did yesterday, it makes me feel great.

I can handle big successes gracefully.

I choose to enjoy each moment in the process of completing my work.

I love it when my daily efforts lead to great work.

It feels good to focus on how my work contributes to a bigger picture.

I enjoy working in a pleasant environment.

It makes me feel good when I see the universe making it easier.

I enjoy being recognized for being a great employee.

There are no limits to what I can achieve in my career.

My work fills me with a sense of purpose.

I enjoy creating value in the world through my daily work.

I treat each task as an opportunity to create more abundance and joy.

I have the courage to pursue the career opportunities I desire.

Since I am authentically myself, I experience success as a direct result.

I am working toward becoming the boss I want to work for.

Affirmations for Money / Prosperity

I love it when money comes unexpectedly.

I choose to believe that money is a positive force.

I now choose to value my time and my worth.

Everything I need to be prosperous is available to me.

I sell my ideas because they are valuable, and others recognize that value.

I am grateful for being able to earn money doing something I enjoy.

I am open to the wealth and abundance that life offers me.

I am worthy of earning more money.

I enjoy using money in ways that improves my life and others.

I welcome new sources of income and prosperity.

I like it when I manage my money wisely.

I am able to handle a large amount of money.

I am learning to become better with money.

I enjoy being aligned with the energy of abundance.

Money and spirituality can harmoniously coexist.

I like using money in ways that enrich my experiences.

There is more than enough money for me to have.

I deserve financial freedom.

I love it when I find new ways to better use my income.

I allow myself to grow and prosper.

I enjoy having the means to pay my bills.

I appreciate the money that I have.

Every dollar I spend or donate comes back multiplied.

I am working toward being debt-free all the time.

I enjoy having more money than I need.

Affirmations for Becoming a Millionaire

I enjoy it when I feel as abundant as a millionaire.

It feels good to have so much that I can share.

It is possible for me to become a millionaire.

I have the power to live aligned with great abundance.

I feel good when I develop habits that lead to great success.

I love learning from people who've earned millions.

I am working toward developing a millionaire mindset every day.

I enjoy developing the work ethics of a millionaire.

I like it when I am around people who believe in my ideas.

I enjoy when I have new million-dollar ideas.

My self-confidence inspires me to believe in my ability to be a millionaire.

I enjoy studying ideas and products that have created millionaires.

It feels good to visualize my million-dollar ideas manifesting.

I like when I am exposed to opportunities that encourage big thinking.

I am excited by the journey to becoming a millionaire.

I am choosing to believe that I have the abundance of a millionaire.

I love being in environments that make me feel like a millionaire.

I enjoy looking at pictures and visiting places that make me feel abundant.

I choose to believe that I am already on the path to having a million dollars.

I love when I have clients who believe in my success.

I enjoy the signs that reassure me that I am attracting great success.

I believe in myself and my ability to attract million-dollar opportunities.

I focus on my desire and follow the plans I set forth.

I like when I can feel that something big and abundant being attracted.

I choose to have faith that I can do anything that I set my mind to.

Affirmations for Wellness

I like feeling healthy.

I am learning to adopt healthy eating habits to feel good.

I am choosing to enjoy eating good foods which make me feel healthy.

I'm learning to love water because it is good for me and to me.

I am learning to make healthier choices for myself and my family.

It feels good to take care of my health and wellbeing.

I set and keep my appointments with medical professionals.

I regularly take action towards maintaining a healthy lifestyle.

I enjoy making healthy new recipes.

I like when I find new ways to achieve optimal health.

I love it when I feel pain free.

I am very grateful for the healing that is happening inside of my body.

I choose to be happy, healthy and whole.

My body deserves to be healthy.

I am strong and can recover and heal quickly.

I love and appreciate my body more each day.

I like it when my habits support a healthy lifestyle.

It is easier to drink water each day as my body craves it.

I am guided to make the right decisions for my health.

I am grateful for my body and take good care of it.

Every day I feel better and better.

I enjoy how tasty healthy foods are.

I attract good health with my positive habits.

I love the amazing ways that my body recovers.

Each cell in my body is energetic and healthy.

Affirmations for Fitness

I enjoy the feelings that come from working out.

I feel so energized when I work out.

It makes me feel better about how I look when I take care of my body.

I enjoy the endorphins that comes with going for a brisk walk, jog or run.

I feel great when I have others to work out with.

I am learning ways that I can get and stay in shape daily.

I feel my best when I am challenged by my workouts.

I feel more attractive when I work out on a regular basis.

I invest in my fitness because I recognize its importance.

I like how my body gets stronger and more flexible each day I work out.

I feel good when I am active throughout the day.

My body responds well to physical activity.

I enjoy finding fun new ways to get exercise.

It feels great to have the power to change my body for the better.

Exercise improves my mental state as much as my physical state.

I love feeling less stressed because of exercising.

I can feel my self-image improving with every workout.

I like how much energy I have the rest of the day from working out.

My mood is improved by exercising frequently.

Daily physical activity helps me to feel good about treating my body well.

My mind is excited by working out.

I love seeing the changes that exercise brings my mind and body.

I enjoy feeling fit and in shape.

I am committed to making my body stronger each day.

I love releasing toxins from my body when I work out.

Affirmations for Positive Vibration

I am learning to elevate my vibration frequently.

I am committed to meditating regularly to raise my vibration.

I constantly raise my vibration with positive words, thoughts and actions.

By raising my vibration, I attract more of what I desire.

I choose to enjoy my life, and by enjoying life, life provides more to enjoy.

I feel my best when I am thinking positive thoughts toward others.

I am filling my life with what is positive and makes me happy.

I give myself permission to thrive and allow positive energy to flow.

I am choosing to be a vibrational match for positive people and situations.

I enjoy opportunities to raise my vibration by doing good deeds for others.

I feel the universal love that comes from raising my vibration.

I am working toward making myself a vibrational match for my desires.

I appreciate all that my positive vibration attracts.

I enjoy feeling my vibration rise while I meditate.

It feels good to raise my vibration by being active throughout the day.

I enjoy when my vibrations rise from overcoming my fears.

I choose to believe that I am becoming a vibrational match for abundance.

Each cell in my body radiates joy and positivity.

My thoughts are aligned with positive vibrations.

I have positive expectancy.

I can completely transform my life with positive thoughts.

Positive thoughts and feelings make me feel good.

When I want to raise my emotional set point, I focus on the positive.

I feel empowered when I maintain a high vibration.

My enthusiasm and excitement for life creates positivity.

Affirmations for Goal Achievement

I enjoy how it feels when I accomplish my goals.

I feel powerful when I do what I set out to do.

I can achieve anything that I put my mind to.

I enjoy keeping track of my goals and seeing what I've accomplished.

The challenge of reaching my goals is motivating and inspiring.

I love celebrating my successes.

I like it when I attract people who are supportive of my goals.

I set powerful goals for myself because I know I can achieve them.

I enjoy it when I recognize that I'm on the right path to achieving my goal.

I like it when I achieve my goals in the timeframes, I have set for them.

I am making progress on my goals with every step and each success.

I feel my best when I am making my dreams a reality with each step I take.

I focus on the process instead of the result of achieving my goals.

I like how everything I need to achieve my goals is there when I need it.

I enjoy setting goals and being open to how I accomplish them.

I love it when I reach milestones toward my goals.

With every achievement, I feel more capable and confident.

I am working toward habits that support my goals.

I am proud of myself for the progress that I make every day.

I am excited and motivated to work towards my important goals.

I create the reality that I enjoy every step on the way to my goals.

I feel confident that I can achieve anything I desire.

I love when obstacles to my goals are removed.

I clearly visualize what it looks and feels like to accomplish my goal.

I enjoy reaching my daily goals.

Affirmations for Good Luck

I love it when I attract good luck.

I choose to believe that my luck is improving.

I invite luck into my life.

I deserve good luck.

I am open to the positivity that good luck brings.

I feel lucky because I have so much good in my life.

My positive thoughts are attracting good luck.

I enjoy unexpected ways that good luck manifests.

I feel abundantly lucky because of my journey for personal growth.

I choose to believe that I can create my own luck.

I respond to opportunities in ways that bring me good luck.

I learn from past experience which increases my potential for good luck.

I enjoy finding opportunities that bring good luck.

I trust myself to act on opportunities because I can take the correct action.

My positive attitude improves my odds substantially.

I find good luck by making the best of how things turn out.

I choose to believe that I am a vibrational match for good luck.

I can find the good luck in any situation.

I am opening my eyes to all of the good luck that I possess.

I choose to acknowledge how lucky I truly am.

I work toward taking healthy risks to allow opportunities for good luck.

The more opportunities that I attract, the luckier I feel.

I believe that there is an abundance of good luck and I deserve it.

I am choosing to believe that I am one of the lucky people.

I trust that my intuition guides me toward lucky decisions.

Affirmations for Self-Belief

I choose beliefs that make me feel capable.

It feels great when others believe in me.

I feel good when my beliefs are aligned with my desires.

I choose to focus on evidence that my highest beliefs are true.

My beliefs create my reality.

I believe in myself because I keep my word.

I allow myself to think bigger.

Trusting and believing in myself helps me allow bigger things.

When I believe, trust and allow, everything gets better.

I feel good when I allow bigger and better things.

My beliefs are my personal blueprint for success.

I am working toward keep my word to myself and others.

Each time I do what I say, I trust myself even more.

I believe that all things are possible.

I choose to believe that I am capable of any change.

I believe that I deserve happiness and joy every day.

I choose to celebrate life today by honoring my beliefs.

I like to take the time make a to do list - then do it.

I feel empowered when I cross things off of a to do list.

I believe in the possibilities that come to my mind.

I trust my feelings and allow them to guide me.

My beliefs are powerful and shape my reality in positive ways.

I am learning to trust my beliefs and how they guide me.

I feel good when I believe in my truth.

I allow myself to feel good about trusting my beliefs.

Affirmations for Self-Esteem / Confidence

I am working toward becoming more confident every day.

I love it when I feel good about who I am.

I feel good about myself when I do good for others.

My confidence grows each time I remember how capable I am.

I like being aware that my worth is not tied to any external factor.

I am working on realizing my potential every day.

I feel good when my ideas and contributions are appreciated.

I enjoy feeling confident and self-assured.

I feel confident when I am well-dressed, maintain good posture and smile.

I feel good about myself when I look for the best in others.

I love feeling ready to take on the world.

I enjoy receiving compliments and accept them easily.

I believe in myself.

I believe and trust in my personal power.

It feels good to inspire confidence in others.

I trust my judgement, abilities and power.

I feel good knowing I can rely on myself.

I live up to the standards that I set for myself based on what is right for me.

I portray confidence in all of my movements.

I enjoy smiling and making eye contact.

I feel confident because I always do my best.

I change my perceptions and quiet my inner critic.

I affirm my confidence with every accomplishment.

I know and understand my worth.

I boost my self-esteem when I change my internal thoughts.

Affirmations for Manifesting

I believe I can attract my desires.

I choose to focus on what I *do* want.

I only focus on my desire without obsessing over the outcome.

I appreciate it when I am surprised by how a manifestation happens.

I enjoy the creative inspiration I receive from the universe.

I am the creator of my life's experience.

I feel good when I see abundance every place I go.

I love it when I hear about my desire everywhere.

I enjoy it when I notice the signs that my manifestation is near.

I take the time to acknowledge even the smallest of manifestations.

I thank the universe in advance for my manifestations.

I am easily able to visualize my desires.

I feel good about the process of manifesting my desires.

I feel blessed and grateful for my ability to manifest.

I am working toward a manifestation mindset every day.

My desires resonate with my values.

I take inspired action toward my goals.

I am following my heart and following my dreams.

My desires spark energy, enthusiasm and passion.

I have a clear vision of the result I desire and a plan to take action.

I feel good about the clarity I gain by meditating.

I understand why I want to manifest my desire.

I take steps everyday toward my desires.

I am flexible and open to the possibilities that may take shape.

I enjoy journaling to record my desires, dreams and manifestations.

Affirmations for Beauty

I enjoy it when I receive compliments on my appearance.

I choose to put effort into looking my best every morning.

I like seeing the beauty in everything and everyone.

I love how my inner beauty shines.

My energy is beautiful and attractive.

It feels good when others recognize my efforts toward my appearance.

I enjoy feeling pulled together and polished every day.

It feels great when I go shopping and find outfits that fit perfectly.

I enjoy finding new ways to enhance my appearance.

I like being appropriately dressed for every occasion.

I love when others compliment my fashion sense and style.

I enjoy receiving compliments on my constant physical improvement.

It feels good to get a manicure because I'm worth it.

I like investing in my appearance as it is important to me.

I enjoy taking care of my skin since it is my largest organ.

I love when my efforts toward my appearance draw many admirers.

When I feel put-together, I feel confident and relaxed.

My outward appearance is only outdone by my inner beauty.

I like meeting other people who make health and appearance a priority.

It feels good to spend time with friends while getting a massage.

By taking care of myself, it makes me feel exquisite.

I choose to purchase beauty products that make me feel good about
myself.

I like when people notice the little details about my outfits or appearance.

I enjoy accessorizing as an enhancement to my complete package.

It feels good to know that I am as beautiful as I choose to be.

Affirmations for Learning / Memory

I like it when I can recall what I learn quickly and efficiently.

I am learning to study in ways that work best for me.

I find great joy in learning new things.

I like when new opportunities for learning about myself and others arise.

I feel my best whenever I am learning about things that fascinate me.

I have an insatiable curiosity.

My interest in a subject drives my ability to retain information about it.

I make time regularly to learn.

I enjoy being able to learn new things while I am working.

My favorite project involves researching interesting topics.

I enjoy when I am easily focused because of my thirst for knowledge.

When I am learning complex things, I manage my time effectively.

I feel good when I am learning about a wide variety of topics.

I enjoy opportunities to learn about personal growth.

It is motivating to learn and remember what I learn.

I enjoy learning most when I am comfortable and distraction-free.

I like when my study plans include regular breaks and little rewards.

It is fun to learn in a variety of ways.

I love learning from people first-hand.

I am working toward improving my ability to learn by listening.

I am learning to find new ways to learn.

It feels good to learn new material when I am most alert.

I enjoy studying after meditating to clear my mind.

I like being able to learn with other people.

I have fun coming up with ways to test my new knowledge.

Affirmations for Motivation / Inspiration

I love it when I am “in the zone”.

I enjoy feeling a burst of inspiration towards what I am working on.

I feel motivated by immersing myself in my goals.

I enjoy my motivation to take consistent action toward my goals.

I love feeling motivated.

I am practicing and developing instant motivation.

I have many tools to help ignite my motivation.

My sense of purpose creates excitement and motivation.

Being motivated helps me in all areas of my life.

I feel good about being a very motivated and inspiring person.

I know what motivates me and I use it as motivational fuel.

I like listening to positive messages because they motivate me immensely.

My goals ignite my passion for life and make me feel unstoppable.

Once I get started, my passion and motivation keep me going.

I am working toward tapping into my natural and intrinsic motivation.

My motivation for achieving my goals is loud and clear.

My belief in my ability success motivates me to keep taking action.

I feel powerful motivation as I visualize my desire with all of my senses.

I challenge myself to find new sources of motivation regularly.

I love having such an incredible goal that I wake up excited and motivated.

It feels great and motivating to be around others with similar goals.

I enjoy examining my goals and determining why I am excited about it.

I feel motivated by finding new ways to support my goals.

My life purpose provides me with infinite motivation.

Affirmations for Customers / Sales

I really enjoy when I have an abundance of new customers.

It feels good when sales seem to come in magnetically.

When I maintain a successful mindset, customers are drawn toward me.

The more I believe in myself, the more the customers believe in me.

My positive approach and cheerfulness draw people to me.

I like that customers connect with my personality and sense of humor.

I enjoy engaging in new activities that allow me to meet new customers.

I am learning to make a great first impression with everyone I meet.

My leadership skills show my customers that I am trustworthy.

I enjoy it when customers regularly refer their friends and family.

It feels good to get positive feedback from existing customers.

I like it when my customers bring repeat business.

It is great when a customer feels good when doing business with me.

I enjoy having a website that attracts the right customers.

It feels great when my sales are strong and consistent.

I feel good when new customers find and love me and my offerings.

My confidence in what I do gives my customers confidence in me.

I attract people who want to help me grow and succeed in business.

I enjoy it when people in influential positions share my offerings.

I feel great when customers get more value than what they pay for.

I love when people purchase and enjoy my offerings.

My intuition for customers and sales becomes stronger every day.

I am learning to identify the best deals for my business.

I love when customers present me with opportunities for new offerings.

I enjoy making a challenging customer a lifelong fan.

Affirmations for Creativity

I am open to receiving creative inspiration.

I love it when I am struck with innovative and creative ideas.

I enjoy the universe's creativity and delight in the unexpected that it brings.

I work out my imagination and creative muscles every day.

I like engaging in activities that stimulate my creativity.

My imagination grows stronger and more vivid daily.

I find new sources of creative inspiration all the time.

Clearing my mind with meditation opens the flow of creative energy.

I enjoy discovering new connections between ideas.

My curiosity and childlike enthusiasm enhance my creativity.

It feels good to apply my creativity to finding solutions.

My creativity inspires success.

I allow my imagination to roam freely.

I trust in my ability to be creative.

I am enjoy being around creative people.

I allow myself to brainstorm throughout the day.

I enjoy finding ways to express my creativity.

I like reading books because it leaves much to the imagination.

I make time to learn new ways that I can use my creativity.

I enjoy creating with my creativity.

I feel my most creative when I am making something.

Changing my environment brings fresh inspiration and ideas.

Meditation is a great source of creative stimulation.

I am open to using mind maps to generate creative ideas.

It feels good to think in unusual ways about interesting connections.

Affirmations for Authenticity

It feels good when I am authentic to myself.

I feel best when I keep my agreements with myself and others.

Every day I feel more connected to my intuition.

I have the courage to make decisions that align with my values.

I am gaining clarity on what is important to me every time I reflect.

I love it when my actions are aligned with my highest self.

I feel good when I am generous with my time.

I like it when I am faced with opportunities to help others.

I enjoy doing good deeds without expecting anything in return.

I better understand by putting myself in someone else's shoes.

I like being able to volunteer my time because it makes me feel good.

I am my most authentic when I am focused on my purpose.

It feels perfectly natural to be my true self.

I feel good when people are comfortable in my presence.

I act consistently and more predictably when I am my authentic self.

I am proud of my moral code and use it to guide my actions.

I am learning to respect and maintain the boundaries that I set for myself.

Like-minded people are attracted to my authenticity.

I am naturally drawn toward connecting with those who are genuine.

I am good at setting and following my good intentions.

I enjoy growing in my emotional intelligence.

I am open to genuine people, thoughts and ideas.

My authenticity allows me a sense of freedom.

I always honor the respect others place in me.

My awareness of my thoughts allows me to become more authentic.

Affirmations for Magnetic Personality

I love it when I feel charismatic and charming.

It feels great when others are drawn to my magnetic personality.

My people skills are improving every day.

I am open and approachable.

My body language encourages engagement with others.

My genuine curiosity about others makes them feel good around me.

I enjoy looking for the positive in everyone I encounter.

I focus on listening and truly hearing what is being said.

My ability to easily and quickly establish rapport puts others at ease.

I enjoy building and maintaining relationships.

People love to spend time with me.

I attract people with positive energy and attitude.

I like opportunities to meet and engage with new and interesting people.

I love being engaged in conversations.

I am open to being invited to social events.

I enjoy making people feel like the center of attention.

I believe that I have a high level of personal magnetism.

I always seek to understand rather than to be understood.

There is often a mutual instant connection between me and others.

People feel at ease when I subtly mirror their body language.

When I am talking with someone, I use their name in conversation.

I always speak clearly and think about how my message comes across.

When appropriate, I express genuine concern.

People are attracted to my authentic and sincere demeanor.

It makes me feel good to make people feel heard and understood.

Affirmations for Spirit Guide Connection

I am working toward feeling connected with my spirit guide.

I am choosing to believe that my spirit guide is guiding me.

I am open to what my spirit guide wants to convey to me.

I love when my spirit guide gives me signs, they know I'll recognize.

I enjoy the comfort that comes from being loved by my spirit guide.

I choose to believe that my spirit guide is guiding me.

I trust that my spirit guide is with me all the time.

I am learning to align myself with my spirit guide.

I communicate with my spirit guide in many ways.

My spirit guide speaks to me through my intuition.

I always protect myself with white light around me.

I am open to telepathic messages my spirit guide sends me.

I take time to connect with my spirit guide regularly.

I am grateful for my spirit guide and the insight they offer.

I can communicate openly and honestly with my spirit guides.

By quieting my mind, I am better able to communicate with my spirit guide.

It feels good knowing that my spirit guide is always there.

I ask my spirit guides for guidance as they always provide inspiration.

I set an intention to work with my spirit guide.

I am grateful for the friendship that my spirit guide offers.

I am aware of the ways my spirit guide helps me and I thank them.

I enjoy the quiet time I spend with my spirit guides.

I now become receptive to my spirit guide's gentle suggestions.

I enjoy the connection I maintain with my spirit guide.

I feel empowered by my spirit guide's love.

Affirmations for Energy

I love it when I wake up full of energy.

I enjoy the positive energy that helps me to do my best.

Being active makes me feel energetic.

I enjoy getting out in the sun to replenish my energy.

I like being able to generate all the energy I need naturally.

My body is a very powerful energy creator.

I feel my best when I clear the clutter as it balances my energy.

My body is thoroughly energized by water.

My excitement for life fills me with energy.

I like when I have plenty of energy to last all day long.

Power naps are an effective quick energy boost.

Good food fuels my energy levels.

I enjoy listening to music as it boosts my energy.

It feels great to vibrate with positive energy.

I love how youthful and enthusiastic energy makes me feel.

I like being around high-energy people.

I use my energy to make every moment count.

My mind and body are revitalized by energy.

I love how physical activity raises my mood and my energy.

I ensure that I get the right amount of sleep to optimize my energy levels.

I feel energized by my healthy diet.

I enjoy how alive and highly energized I feel from living healthily.

Laughter fuels my energy levels.

The people around me motivate and energize me.

I make time to learn about new and natural ways to increase my energy.

Affirmations for Sleep

I enjoy being able to get to sleep easily.

It feels good when I can close my eyes and experience deep sleep.

I love when I have a fulfilling day that makes sleep come peacefully.

I enjoy the peaceful, deep sleep that comes when I follow a nightly routine.

I feel fully rested and rejuvenated by the sleep I get.

I enjoy being relaxed and at ease when I lie down to go to bed.

I like falling asleep quickly after getting into a comfortable position in bed.

A quiet and dark environment makes sleep come easily.

It feels good to recharge my mind, body and spirit with deep sleep.

I love listening to hypnotic recordings that encourage relaxation and sleep.

I like having such beautiful and inspiring dreams.

Sleep comes easily when I feel safe and at ease.

I enjoy winding down my day hours before I go to bed.

My bedroom inspires peace and serenity.

I love meditating to clear my mind prior to sleeping.

It feels good to align my mind, body, emotions and spirit with rest.

I make getting a good night's sleep a priority.

My body is able to heal and recover while I sleep.

I feel more alert and attentive when I get proper rest.

Good sleep helps me stay happy and healthy.

I enjoy allowing sleep to wash over me like a wave.

When it gets close to bedtime, my body and mind prepare for rest.

I love when I awaken feeling refreshed and rested.

I am learning to love waking up early.

My mind feels awake and alert when I sleep enough.

Affirmations for Talent

It feels good when I am recognized for my talent.

I love it when I am given opportunities to expand my talents.

I enjoy being presented with challenges that allow me to acquire new skills.

My self-discipline and perseverance allow me to master any skill I choose.

I love using my talents to help others.

I choose to develop talents that support my life's purpose.

It feels great when I find new and unexpected talents I possess.

I am unlimited in what I am capable of.

I enjoy learning new skills which I excel at.

My belief in myself allows me to acquire new talents rapidly.

It feels good to have a talent for doing what I love.

My passion drives my persistence when developing a talent.

I have unique gifts and talents.

I am the only person that can apply my talents the way that I do.

My personal mission statement helps me choose new skills to learn.

I like when my talents earn admiration by other talented people.

I love being around people who are passionate about their talents.

I pursue the things that I am naturally good at.

My talents are valuable, and others see the value in them.

I value my talents and am grateful to have them.

It feels good to continue learning and growing in my talents.

I recognize that the talents that I have serve a purpose.

I enjoy all of the possibilities that my talents create.

It is common for someone with my talents to experience great success.

I am happiest when I can share my talents with others.

Affirmations for Attracting a Dream Home

I am working toward manifesting my dream home.

I love treating my home with loving care.

I am in the process of attracting a great house

I am fully focused on owning my dream home

I am visualizing daily how it feels to live in my dream home

I do whatever it takes to attract the home of my dreams

I love imagining walking in the front door to my dream home.

I believe in I am able to attract the resources to buy my dream home

I am allowing myself the confidence that I can manifest my dream house

I am using the law of attraction to manifest a new house

I can see myself enjoying myself in my new dream house

I work daily on manifesting a great house.

I see a beautiful house is in my near future.

I love knowing that I can attract the home of my dreams.

I now prepare myself to move into my dream home.

Just think about the sheer abundance of dream homes there are.

I can choose to feel like my dream home is well within my reach.

By reaching my goals I am attracting the house that I dream about.

I choose to believe that the universe finds the perfect house for me.

I fill my home with loving energy as I would of my dream house.

I align my vibration with being in my dream home.

I make home improvements to treat my house like a dream house.

I take great pride in my home which brings me closer to my dream home.

I regularly clean and organize my home to raise my vibration.

I furnish and decorate my home as though it were the perfect house.

Affirmations for Attracting a Dream Car

I am choosing to believe that I deserve my dream car.

I love how it feels when I treat my car like the car of my dreams.

I feel good when I get close to and sit in the car of my dreams.

I love how it feels to pick out my dream car.

I choose to believe that I am attracting my dream car.

My ability to visualize my dream car improves each time I focus on it.

I enjoy seeing my dream car when I am out and about.

I feel great driving my car as I am feeling as though it is my dream car.

My love and respect for my car brings me closer to my dream car.

I enjoy that I am capable of attracting the car of my dreams.

I treat my present car like it's my dream car.

I take pride in driving my car and am grateful to have it.

I know that there is an abundance of perfect cars for me out there.

By washing my car and treating it with love I attract my dream car.

I know that I can manifest my dream car with my thoughts and actions.

I trust the infinite creativity of the universe in manifesting my dream car.

I enjoy the process of manifesting my dream car more than possessing it.

I choose to believe that my vibration is aligned with my dream car.

I am careful and courteous when driving as I imagine it is my dream car.

I ensure that my car is always safe and secured like my dream car is.

As I put loving energy into my car, I become aligned with my dream car.

I visualize positive energy protecting my car and passengers while driving.

I feel relaxed and at ease driving as I visualize the car of my dreams.

My goals and achievements bring me closer to manifesting my dream car.

I love driving in a car that I visualize is my dream ride.

Affirmations for Attracting a Dream Vacation

I am committed to feeling like I am on my dream vacation today.

I choose to believe that I am manifesting my dream vacation.

I love going on vacation.

Going on vacation feeling amazing.

I am fantasizing each day about my next vacation.

It's fun to think about all the places I like to visit.

I'm ready to call myself a world traveler.

There is such an abundance of beautiful places I'd like to visit.

I am committed to creating the means to travel more often.

Everyone deserves to travel and enjoy the beauty of nature.

I deserve to relax and go on vacation.

I am finding a way to go on my dream vacation.

I just love exploring all there is to see and do in this amazing world.

Millions of people go on amazing trips and so can I.

I allow myself to believe that a dream trip is right around the corner.

I visualize myself taking the most adventurous trip.

I just know the perfect vacation is well within my reach.

I love having fun visiting exotic destinations.

I now invite new opportunities for travel.

I am looking forward to taking enjoyable trips frequently.

I always have a good time whenever I go on vacation.

I am ready to check out my top vacation destinations.

I have decided I am going on my dream vacation!

I let go of how my dream vacation manifests. It just does.

I get so excited whenever I think about this dream trip.

Affirmations for Happiness / Feeling Good

It is great to feel happy throughout my day.

I enjoy situations that make me feel good.

I deserve happiness in my life.

I like attracting genuinely happy people.

I love being around people who make me, and others feel good.

I choose the items I surround myself with because they make me feel good.

I enjoy being around people who strive to make themselves happy.

It feels good when I expect things to work out well, and they do.

I love how good I feel every day when I shower away the past.

I choose to make myself happy.

I enjoy finding pleasure in my daily routines.

Every day I find new aspects of my life that bring me joy.

I find happiness in bringing happiness to others.

I feel happy when I try new things.

Realizing my potential each day makes me abundantly happy.

I enjoy waking up knowing today has an unlimited potential for happiness.

I feel great when I take a walkout in nature.

I like opportunities for healthy competition.

Being a part of a positive and supportive group makes me happy.

I enjoy bringing a smile to a random stranger face every day.

My happiness aligns my vibration with what I desire.

I feel great when I make my current circumstances more enjoyable.

I enjoy the happiness that investing in myself brings.

I am happiest when my thoughts yield love-based emotions.

It makes me happy to see how much love there is in the world.

Affirmations for New Opportunities

I am committed to being open to new opportunities.

I enjoy it when promising new opportunities present themselves.

I am attracting new opportunities for abundance every day.

I am learning to embrace change and the opportunities it may bring.

I love it when opportunities and advantages surface in unexpected ways.

I am learning to recognize the opportunities in the challenges I face.

It feels good to find opportunities in facing my fears.

I create opportunities for the future with my choices today.

As I open myself to positive energy, I find positive opportunities.

I attract new opportunities every day that I focus on the positive.

I enjoy choosing to seize opportunities instead of fearing risk.

I am learning to be aware of all of the ways that opportunity manifests.

I am excited by all of the opportunities that I have every day.

I appreciate and acknowledge each opportunity that I receive.

Each opportunity that I pursue provides me with wisdom and growth.

I love opportunities to make someone's life better.

I show my gratitude for positive opportunities by taking action on them.

I am prepared to take advantage of opportunities however they manifest.

I choose to recognize obstacles as opportunities to do things differently.

I feel good when I am able to create opportunity for those I love.

I am attracting new opportunities by expanding my horizons.

I enjoy being present so I can be aware of opportunities.

My success opens new doors for me.

I am ready for opportunity to knock.

My intuition guides me toward opportunities for me to grow.

Affirmations for Patience

I have patience with others.

I am patient with myself.

I am patient with manifesting my desires.

I practice patience with the people I am closest to.

I choose to be patient and tolerant with those who need it most.

I attract understanding and acceptance by being patient and tolerant.

As I practice patience toward others, I find others are patient with me.

I choose to believe that I am capable of all of the patience that I need.

I am learning to be patient and caring when communicating with others.

Being patient with manifesting allows me to enjoy the process.

It feels good when I am rewarded with opportunities by being patient.

I choose to place greater importance on *what* instead of *when*.

Patience gives me time to process my thoughts and choose my reactions.

I am choosing to make my patience a motivating force.

Patience gives me the chance to experience trust.

I feel empowered by the patience I possess.

The good things I desire are worth waiting for.

I know good work takes time.

I am at peace in the moment.

I have a plan for my success and I patiently work toward it.

I feel good when I wait with contentment and trust.

With patience comes wisdom.

Patience creates opportunities that only appear when you wait.

I practice having patience in traffic and with other drivers.

I enjoy how the universe rewards my patience in unexpected ways.

Affirmations for Detachment / Letting Go

I detach from people who are unhealthy for me.

I choose be ready to let go of what needs to be let go.

I trust that I can detach with love and let go with peace.

I can forgive myself and let go of anything that doesn't feel good.

I let go of the past and make room for the present with all it has to offer.

Forgiving others allows me to let go of the past and move forward.

I detach from my expectations and allow each situation to be as it is.

It feels good and lifts my spirit by letting go of my attachment.

I like the freedom I feel from letting go of the clutter in my environment.

I choose to let go of any memories that do not fill me with love.

I free myself of anything that hinders my spiritual growth.

It feels good to embrace simplicity and let go of complexity.

I let go of past relationships to make room for new ones.

I am learning to let go of fear and embrace change.

I feel good when I detach from my need for certainty and take healthy risks.

I let go of my need to control and let things unfold.

I let go of taking responsibility for others.

I embrace taking responsibility for myself.

It feels good to trust the Universe's infinite wisdom.

I love it when I let go only to find something infinitely better replaces it.

I let go of my need to know and choose trust instead.

I feel my best when I let go of frustration.

I have experienced tremendous growth from letting go.

My ability to let go of negativity allows me to attract positivity.

Each time I let go, I am acknowledging that I love and respect myself.

Affirmations for Focus

I like when I am able to concentrate fully.

It feels good when I am able to focus on others.

I choose to focus only on positivity.

It feels good to be able to focus on my goals.

I am able to focus on my goals because they excite me.

I love having an environment that is distraction-free while I work.

I am learning to master extreme focus.

It is easy for me to shift my focus from a broad one to a narrow one.

It easy to focus because I am organized and efficient.

I maximize my focus on important tasks when I'm most alert.

I experiment with different ways to improve my workflow and focus.

I find focus comes easily when I find enjoyment in my tasks.

My ability to focus allows me to accomplish things quickly.

By doing just one thing at a time I focus the best.

I feel good when I give 100% of my focus and attention.

I am practicing staying on track and ignoring distractions.

I love getting things right because of my focus.

I get the most out of my concentration by keeping a to-do list.

It feels good to meditate and clear my mind to help me focus.

I focus best when I am centered and balanced energy.

I find it easiest to focus when I recite affirmations before I start.

Self-hypnosis is a powerful way for me to improve my concentration.

I enjoy the benefits I reap from being able to concentrate.

It feels good when others admire my drive and focus.

It gets easier to concentrate every time I ignore a distraction.

Affirmations for Calm / Anti-anxiety

I enjoy feeling a sense of calm.

I love it when my anxiety turns into serenity.

I enjoy being in a calm and peaceful environment.

I easily let go of stress and anxiety.

It is very healing for my body when I release stress.

I heal myself with light as I am made of light.

I enjoy doing things that relieve stress.

I like when I am able to use my stress productively.

I have many tools to help me manage my stress.

I use visualization in ways that help me feel calm and peaceful.

Going for a walk as it provides me with a sense of calmness.

I love being able to find peace in doing simple things.

I am learning to keep my stress within healthy levels.

It helps me to calm down when I visualize myself bathed in light.

Being with nature always gets me in touch with my inner-serenity.

I choose to believe that I am able to relieve my anxiety naturally.

I am always open to suggestions on relaxing activities.

I enjoy listening to calming music.

Laughter is always good medicine for my stress.

I like treating myself to a massage when I am stressed or anxious.

My anxiety is no match for my ability to be calm.

I am cool, calm and collected.

With each breath that I take, I am exhaling stress and inhaling serenity.

I enjoy feeling calm and comfortable in social situations.

I feel at ease around others by listening to them.

Affirmations for Balance / Inner-peace

I am working toward creating balance in all areas of my life.

I feel at peace with myself.

I take inventory of the areas of my life to bring them into balance.

I allocate time and energy toward each area of my life.

When I feel balanced, I easily attract positive people and situations.

I enjoy meditation as a way to bring myself inner-peace.

I find new ways to bring balance to my life.

I balance my time and energy between career, health, loved ones and self.

Exercise helps me to achieve a balanced vibration.

It feels great to spend time getting in touch with nature.

Being present and living in the moment as it improves my balance.

I love being around others that radiate inner-peace.

I feel my best when I give every area of my life my best.

I like how happy and healthy I feel from maintaining balance.

By maintaining balance, I feel less stressed and more energetic.

I am able to stay focused on my purpose when I feel peaceful within.

Spending time with loved ones brings me peace and joy.

I attract balance to every area of my life.

I feel peaceful and balanced when I am punctual and organized.

I place great importance on having a balanced lifestyle.

I am working toward maintaining financial balance.

I am successful because I am able to balance many projects efficiently.

I enjoy visualizing a calm and peaceful landscape.

I choose to be around people who also value balance in their lives.

I am learning to monitor and have balanced thoughts.

Affirmations for Security / Safety

I love it when I sense that I am safe.

It feels great when those around me give me feelings of security.

I feel good when my intuition safely guides me toward security.

I take time to visualize a white light protecting me.

I am secure in being myself.

I am naturally attracted to what makes me feel safe and secure.

I feel safe and protected in my home.

I choose to surround myself with feelings of safety and security.

I choose to believe that I am divinely protected.

I feel secure in my relationships with loved ones.

My sense of security allows me to grow in my relationships.

I am a better partner when I am secure in myself.

I love feeling safe when trying new things.

Every time I leave my house, I feel protected.

I am my own protector.

I protect my thoughts to keep them positive.

My faith protects me from fear.

I feel secure in how I use my energy to add value to my life.

My sense of security is enhanced by the boundaries I set.

I choose to believe that it is my right to feel safe at all times.

I feel a sense of warmth, comfort and safety while I meditate.

I like feeling surrounded by a barrier of peace and serenity.

My security and self-confidence allow me to be my highest self.

When I feel safe, my creativity flows easily.

Safety is important to me, so I take reasonable precautions.

Affirmations for Self-love

I am practicing taking time for myself each day.

I am learning to appreciate and love the incredible individual that I am.

I love and accept myself.

I love and accept myself unconditionally.

I discover new things about myself that are lovable.

I am a confident, loving being.

I love and appreciate myself for the amazing person that I am.

I tell myself “I love you” in the mirror every day.

I feel comfortable in my own skin.

I spend time doing things that I enjoy because I deserve it.

I find ways to maintain a good relationship with myself.

I treat myself to something small but significant today.

It feels good to find new ways to treat myself with love.

My life is incredible, and I feel good about my responsibility for it.

By loving myself, I attract all of the positive things I deserve.

I am a beautiful, creative, intelligent and unique individual.

I have so much to offer the world.

I choose to always support myself.

I am my own best friend.

I provide myself with all of the reassurance that I need.

I enjoy acknowledging what I love about myself.

I am working toward consistently treating myself with the love I desire.

My ability to love myself makes me confident and successful.

I make time for self-care.

I think only positive thoughts about myself and my body.

How to Get the Most from Daily Affirmations

Congratulations on reaching the end of the Big Book of Law of Attraction Affirmations!

Hopefully you've been taking the time and have gone through all of the affirmations and started on your journey of repeating them and you are even starting to make improvements in your life.

Wont it be great as you start to experience more positive personal changes from saying your daily affirmations?

Here are some final tips that will help you experience the greatest benefits from reading affirmations:

Make an effort to clear your mind before reading an affirmation. Ensure you have enough time, like 15 minutes or so, to read, process, and reflect on the affirmation. Then, read through the affirmation.

Re-state the affirmation in your own words. This step increases your understanding and retention of the content as your mind mulls over the concepts.

Endeavor to apply the affirmation to yourself. Do you behave, think, or feel as the affirmation suggests?

If you identify that you already handle the subject matter as it's portrayed in the affirmation, then the affirmation confirms this quality in your mind and helps boost your self-confidence.

If you believe you respond in less than positive ways to the situations described, try visualizing yourself acting and behaving in your life according to the words of the affirmation.

Reflect on the positive methods in the affirmation to help develop those methods in your own life. ***Strive to apply the information in similar situations in the future.***

Recognize that an important function of an affirmation is to encourage you to look within yourself. Effective affirmations usually state you're skilled at something or can emotionally deal with situations in healthy ways.

Achieve self-improvement with affirmations. For people like you, who seek to live the most fulfilling life possible, affirmations can provide an endless array of self-improvement topics upon which you can reflect.

Affirmations confirm the great qualities you already have and help you develop and strengthen the characteristics you want to add to your repertoire.

The combination of self-reflection and repetition is what causes affirmations to reach your sub-conscious mind and change your beliefs, one thought at a time.

Endeavor to discover new and exciting qualities about yourself. Engaging in this method of self-discovery can help you better navigate your journey as you learn new things about your personal qualities and how you relate to the world.

As you use these strategies, you'll not only discover new information while reading affirmations, but you'll also learn to apply it in your own life in ways that strengthen and benefit you.

Thank you again for taking the time to read The Big Book of Law of Attraction Affirmations.

If you would like to add your own suggestions or comments, please visit us at VictoriaMGallagher.com

Use the contact form on our website.

I would also encourage you to learn more about Law of Attraction by grabbing yourself a copy of Practical Law of Attraction at:
PracticalLawofAttractionBook.com