

Affirmations

A great idea is to write 3 affirmations down on a piece of paper every morning and carry them with you all day. Periodically, pull out that paper and read your affirmations. When you read them, try your best to visualize the affirmation coming true as if it has already happened. Adding visualization to your affirmations super-charge them and make them attainable faster than just by just saying them.

Make writing and saying affirmations your daily routine. They can and will make a major positive change in your life.

On Kindness

- I Am a good person and I do kind things for others.
- I Am excited about doing things for others today.
- I Am happy today and I will share this with other people today.
- I Am dedicated to do kind things today.
- I Am committed to make a difference in the world today.
- I Am determined to do kindness several times today.

On Happiness

- I Am determined to remain happy today.
- I Am a happy person today.
- I Am happy today and I will share my happiness with others.
- I Am filled with happiness today.
- I Am dedicated to share my happiness today.
- I Am aware of staying happy all day today.

On Honoring Commitments

- I Am committed to doing my daily affirmations.
- I Am committed to completing all of my "I Will" do items.
- I Am certain my attitude will show improvement today.
- I Am determined to do what is necessary to complete my tasks.
- I Am dedicated to making better choices for myself.
- I Am committed to be more understanding.
- I am devoted to complete the first set of exercises in the manual.

On Creating

- I Am a power magnet for all things I desire.
- I Am confident in my abilities to create what I desire.
- I Am dedicated to creating my wishes.
- I Am capable of creating anything I want.
- I Am truly committed to create what I want.
- I Am worthy of the wonderful things I create.
- I Am capable of creating oceans of happiness and joy.

On Abundance

- I Am a powerful magnet for money and happiness.
- I Am a powerful magnet for my desires. Oceans of money flow to me.
- I Am deserving of abundance and happiness.
- I Am worthy of all the magnificent things I create.
- I Am one step closer to creating my desires.
- I Am dedicated to creating abundance in all aspects of my life.

On Self Awareness

- I Am confident.
- I Am a smart person.
- I Am devoted to work on myself.
- I Am good at anything I put my mind to.
- I Am an excellent public speaker.
- I Am aware of my capabilities to improve myself.
- I Am capable of changing negative beliefs into positive thoughts.
- I Am able to learn new ways to become more aware.

On Awareness

- I Am enthusiastic to become more aware of myself.
- I Am committed to becoming more aware of my surroundings.
- I Am determined to see positive things in everyone.
- I Am dedicated to improve my life.
- I Am committed to making a difference in the world.
- I Am open to learning new things.
- I Am passionate to learn more about myself.
- I Am aware of my thoughts.

On Positive Thoughts

- I Am dedicated to staying positive today.
- I Am a positive person filled with love and joy.
- I Am a powerful magnet for all positive outcomes in my life.
- I Am committed to keeping a positive outlook today.
- I Am dedicated to keeping track of my positive thoughts today.
- I Am a positive person able to attract anything I want.
- I Am very grateful to have positive things happen to me today.

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On Spirituality

- I Am a holy extension of God.
- I Am connected to God and the Angels.
- I Am deserving of God's grace.
- I Am dedicated to learn more about God and the Angels.
- I Am worthy of God's plan for me.
- I Am connected to everyone I see.
- I Am guided by Angels daily.
- I Am deserving of God's beauty.

On Love

- I Am a loving person.
- I Am a magnet for loving thoughts today.
- I Am deserving of love.
- I Am dedicated to showing love all throughout my day.
- I Am love and I choose to see this during the day today.
- I Am full of love and gratitude.
- I Am thankful for all the love God has shown to me.
- I Am connected to everyone I see through love.