



100 Positive Affirmations

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100 POSITIVE AFFIRMATIONS TO HELP YOU THRIVE IN LIFE

When you feel lonely and sad:

1. I feel the love of those who are not physically around me.
2. I take pleasure in my own solitude.
3. I am too big a gift to this world to feel self-pity and sadness.
4. I love and approve of myself.

When you feel afraid

5. I focus on breathing and grounding myself.
6. Following my intuition and my heart keeps me safe and sound.
7. I am making the right choices every time.
8. I am drawing from my inner strength and inner light.
9. I trust myself.

When you feel insignificant:

10. I am a unique child of this world.
11. I have every bit as much brightness to offer the world as the next person.
12. I matter and what I have to offer this world also matters.
13. I may be one in 7 billion but I am also one in 7 billion!

100 POSITIVE AFFIRMATIONS

When you are nervous:

- 14. I trust my inner light and intuition to guide me.
- 15. Nervousness surrounding what I want to do is a good sign.
- 16. I know the situation will work out for my highest good.
- 17. Wonderful things will unfold before me.

When you are angry:

- 18. The anger does not reflect who I am.
- 19. I let go of my anger so I can see clearly.
- 20. I accept responsibility if my anger has hurt others.
- 21. I replace my anger with understanding and compassion.
- 22. I look inside to see what this anger is revealing.

When you feel hopeless:

- 23. I may not understand the good in this situation yet but it is there.
- 24. I can muster up a little more hope and courage from deep inside me.
- 25. I choose to find hopeful and optimistic ways to look at this.
- 26. I kindly ask for help and guidance if I cannot see a better way.
- 27. I refuse to give up because I haven't tried all possible ways.

100 POSITIVE AFFIRMATIONS

When you feel conflicted about a decision:

28. I know my inner self will guide me to the right decision.
29. I trust myself to make the best and smartest decision for me.
30. I receive all feedback about a decision with love but make the final call myself.
31. I listen with love to this inner conflict and reflect on it until I get to peace around it.
32. I love my family even if they do not understand me
33. I show my family how much I love them in all the verbal and non-verbal ways I can.
34. There is a good reason I was paired with this family.
35. I choose to see my family as a gift.
36. I grow into a better person from the hardship that I feel with my family.

When you are among friends:

37. I choose friends who approve of me and love me.
38. I surround myself with friends who treat me well.
39. I take the time to show my friends that I care about them.
40. My friends do not judge me, nor do they influence what I do with my life.
41. I take great pleasure in my friends, even if we disagree or live different lives

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When you are around strangers:

42. I am beautiful and smart and that's how everyone sees me.

43. I take comfort in the fact that I can always leave this situation.

44. I never know what amazing incredible person I will meet next.

45. The company of strangers teaches me more about what I like and what I don't like.

When you are at work:

46. I am doing work that I enjoy and find fulfilling.

47. I know that I have a choice in the work that I do

48. I do not settle for meaningless, boring, and frustrating work.

49. I engage in work that positively impacts this world

50. I believe in my ability to change the world on a small scale with the work that I do.

When you can't sleep:

51. I know that peaceful sleep awaits me

52. I let go of all the lies I tell myself.

53. I let go of my thoughts until the morning.

54. I embrace the peace and quiet of the night.

55. I sleep soundly and deeply and beautifully into this night.

100 POSITIVE AFFIRMATIONS

When you don't want to face the day:

- 56. What if this day were to bring me a great joy?
- 57. I know there is always something to be grateful for
- 58. My thoughts are my reality and I am thinking of a bright new day.
- 59. I fill this day with hope and face it with joy.
- 60. The day will come and go, whether I participate or not. I will participate.

When you worry about your future:

- 61. I let go of my fears, worries that drain my energy
- 62. I make smart, calculated plans for my future.
- 63. I enlist the help of experts as needed in my financial planning.
- 64. I refuse to fall victim in a state of panic by preparing for my future.
- 65. I trust in my own ability to provide for my future.

When your loved ones don't support your dreams:

- 66. I follow my dreams no matter what.
- 67. I show compassion in helping my loved ones understand my dreams.
- 68. I ask my loved ones to support my dreams.
- 69. I answer questions about my dreams without getting defensive. 7
- 0. I know that my loved ones love me without fully grappling with my dreams.
- 71. I accept them as they are and continue on with pursuing my dream.

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When you come face to face with a problem:

72. I am safe and sound.

73. Everything is going to work out for my highest good.

74. There is a great reason that this is unfolding before me now.

75. I have the ability to get through this.

76. Every problem has a solution, and I seek my solution with resolve.

When you feel stuck in life:

77. I attempt all – not some – possible ways to get unstuck.

78. I seek a new way of thinking about this situation.

79. I know the answer is right before me, even if I am not seeing it.

80. I believe in my ability to unlock the way and set myself free.

When you often compare yourself to others:

81. I have no right to compare myself to anyone for I do not know their whole story.

82. I compare myself only to my highest self.

83. I choose to see the light that I am to this world.

84. I am happy in my own skin and in my own circumstances.

85. I see myself as the gift I am to my people and community and nation.

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When you feel you are not good enough no matter how hard you try:

86. I am more than good enough and I get better every day.

87. I give up the right to criticize myself.

88. I adopt the mindset to praise myself.

89. I see the perfection in all my flaws and all my genius.

90. I fully approve of who I am, even as I get better.

91. I judge myself to be both good and great at all times of day and night.

When you want to give up:

92. I cannot give up until I have tried every conceivable way.

93. Giving up is easy and always an option so let us delay it for another day.

94. I give up the permission to give up for good. 95. It is always too early to give up, so let me give it some more.

96. I must know what awaits me at the end of this rope so I do not give up.

100 POSITIVE AFFIRMATIONS

When you recognise how powerful, gifted, talented and brilliant you really are:

97. The past has no power and no hold over me anymore

98. I embrace the rhythm and the flowing of my own heart.

99. All that I need will come to me at the right time and place in this life.

100. I am deeply fulfilled with who I am.

8 strong morning affirmations to say before you get out of bed in the morning.

1. I am feeling healthy and strong today.

2. I have all that I need to make this a great day of my life.

3. I have all the information I need to solve any challenges that come up today.

4. I have the knowledge to make smart decisions for myself today.

5. I make the right choices all day using my inner wisdom.

6. I am happy and content with my life.

7. I am patient and calm and greet the day with ease.

8. I am filled with gratitude for another day on this earth.