

Affirmations

I am filled with love and light

I have clarity in seeking my true place and purpose

I challenge negative perceptions

I am grateful every day for the gifts that I have manifested

I live my life in harmony and avoid negative energy

I am vibrant I set my intentions and follow through on my dreams and
goals

I set action steps to accomplish my dreams and goals I find joy in ordinary
circumstances

I maintain hope and optimism

I believe in my ability to define my true place I am open and receptive to
living on purpose

I seek only experiences that will enhance my health

I value and cherish my body and am grateful for how well it serves me

I reject negative energy from others-it is not about me

I take responsibility for my experiences

I remember to view life with joy, wonder and innocence

I forgive myself for any perceived failures or mistakes

I forgive others for not valuing me and recognizing my beauty

I live by the golden rule

I practice compassion daily, for myself and others

I am grateful for my life lessons

I recognize that pain is part of life, but suffering is not

I know the key to happiness is to stay focused on the present moment