

Affirming Thoughts

List of Affirmations

Instructions

Guided by the content as described online for leading these meditations, you may find the following list of affirmations useful.

On their own they could be read aloud as prompts which form part of a guided meditation, or referenced for other purposes.

- I am loved & accepted for exactly who I am.
- I have wonderful & supportive friends and family.
- I am talented.
- I am capable of anything I set my mind to.
- I work hard to create the life that I have, and I am proud of myself for that.
- I surround myself with positivity.
- I attract wealth, success, happiness, & love.
- I accept compliments with ease.
- My inner child is proud of who I am today - I have grown & accomplished so much.
- I am worthy of everything good that I receive in my life.
- I am in charge of my own life. I can create whatever I wish from it.
- I am capable of achieving my dreams.
- I am full of love & ready to receive love from others.
- I attract peace.
- Every day I'm getting better & better.
- I radiate positivity & make others around me feel good.

Source

This guided mindfulness activity was inspired by Lisa Hughes and the [Affirmations Worksheet](#) by RootedWellness.