

# Positive Affirmations List



Below is a list of positive affirmations for you to choose from. In addition, I have included my personal list of positive affirmations so that you can see an example. Don't be overwhelmed by the length of my list, I am an over-achiever (at times!), and I have ingrained these affirmations in segments over time. You should start with 1-5 affirmations.

I have a great article on this website that outlines some of the different ways to install positive affirmations into your mind : [Deeply Ingraining Positive Affirmations](#).



## **TOTAL RELAXATION**

- I feel calm and relaxed.
- I breathe slowly and deeply.
- With each breath I become more relaxed.
- I breathe as a calm relaxed person.
- I feel completely carefree.
- I am free of worldly cares.
- I am free of unwanted stress.
- It is healthy and wise to let go and relax.
- I choose to enjoy this moment.
- I feel very positive and confident.
- I feel so peaceful and calm.
- I feel so comfortable.
- I feel like smiling.
- I am smiling.
- I am happy and content – and so relaxed.

## **HOW TO ATTRACT MONEY**

- I project wealth and good fortune to each person I meet.
- Large amounts of money are coming to me.
- Money flows to me easily and naturally, just as the waves flow into the shore.
- I deserve great sums of money and use it to help myself and others.
- I am putting more loving energy into my work and this is providing me with a larger and larger income.
- The more money I have the more money I have to give.
- I am like a magnet to money.
- It is attracted to me.
- My financial worth increases every day regardless of what I do.
- I am learning and growing every day which makes me more valuable to the world.
- Money is always circulating freely in my life and there is always a surplus.
- Every dollar I spend circulates, enriches the economy and comes back to me multiplied.
- I see money as a useful tool.
- The more money I have, the more money I can use to help myself and others.



## **SUPER STRENGTH WEIGHT LOSS**

- I love myself as I am, regardless of weight.
- I eject negative thoughts.
- I choose to be slim and healthy.
- I now see myself as being slim and healthy.
- Every day I get more control of my weight.
- My thoughts influence my body.
- I eject any negative thoughts about my body.
- I choose to think positively about my body.
- My beliefs create my physical reality.
- I now believe and I know that I control my weight.
- My new reality includes my ideal weight and shape.
- In my mind I am now slim, healthy and attractive.
- My physical reality is quick to follow.
- I shall attain and maintain my ideal weight.

## **SUPER STRENGTH SELF-ESTEEM**

- I am at peace with myself.
- I accept myself.
- My self-esteem is growing daily.
- I love the real me.
- I'm happy being who I am.
- All I have to be is me.
- My life is meaningful.
- My life is important.
- I now make good use of my life.
- I'll now be the best me I can be.
- I don't have to be perfect; I just choose to be perfectly me.
- I now recognize my talents and skills.
- I feel good about myself.
- I feel better each moment.
- I'm happy being me.
- The more I accept and love myself, the more I can accept and love others.



## **BECOMING TOTALLY POSITIVE**

- I now eject negativity.
- I now control my thoughts.
- I now control my feelings.
- I'm building a storehouse of positive energy.
- I'm storing positive thoughts.
- I'm storing positive images.
- I am in charge of my mind.
- I am in charge of my life.
- I choose to be positive.
- I am positive.
- I have great potential and I'm going to use it.
- Everyday life gets better & better.
- I expect good things to happen.
- I see something positive in all situations.
- I turn negatives into positives.
- I am totally positive.

## **DEVELOP A SUPER MEMORY**

- Each day I tell myself I have a great memory.
- I have confidence in my memory.
- My memory improves every day.
- I replace negatives with positives.
- I easily remember anything of importance.
- My memory is well organized.
- I record information easily and naturally.
- My memory retrieval system is excellent.
- I am now good with names.
- I learn and recall names easily.
- I can remember names
- I do remember names.
- I am now proud of my memory.
- My mind is sharp.
- My memory for names is great.
- I enjoy remembering names.



