

77 Morning Affirmations

by Elaine Michaels.com

1. I am loved and I am at peace.
2. I am in the process of positive change.
3. I am willing to 'Let go'.
(And belt out a few lines from the song.)
4. I will go after my fears and conquer them.
5. I am comfortable looking myself in the mirror and saying, "I love YOU."
6. Happy thoughts = Happy Body
7. My enthusiasm for my work is contagious.
8. My positive attitude, hard work ethic, and confidence draws in new opportunities.
9. I allow myself to fail.... forward.
10. I engage in healthy breaks throughout the day.
11. I will always learn something new everyday.
12. I am filled with love, hope, and confidence.
13. I will help someone new everyday.
14. I will go to sleep happy and wake up happy.

15. Everything I do is fun, even my work!
16. I seek new and exciting adventures.
17. I am grateful for life, and the energy that flows through me.
18. My work brings me closer to my family.
19. People around me treat me with kindness and respect.
20. I see others as good people trying their best.
21. I forgive myself.
22. I am grateful for my healthy body.
23. Today is going to be the best day of my life.
24. I choose happy.
25. I love myself, just the way I am.
26. The only approval I need is my own.
27. My creativity is overflowing.
28. I am confident and capable.
29. My heart is bursting with kindness.
30. I am worth it!
31. I only compare myself to me yesterday.
32. I am purpose.
33. I am adventurous... follow my dreams to the end of the earth.
34. I feed my spirit, my mind, my body for success.
35. I am ENOUGH.

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36. I have the power to create change.
37. I deserve the best.
38. I am significant.
39. I am grateful to have breath today.
40. I find joy living in the moment I am in right now.
41. I am able to be my authentic self.
42. I know exactly the steps that I need to create success.
43. I enjoy moving my body and improving my health.
44. I release the past and fully engage in the present.
45. I am free from the chains of anxiety.
46. I am smart enough.
47. I surround myself with positive people.
48. I am confident about receiving money for my knowledge.
49. I find joy in studying and learn fast.
50. Everything is getting better every single day.
51. My life is full of joy.
52. I am surrounded by others who inspire, motivate, and encourage.

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53. I have a loving relationship with my hubs.
54. I radiate love.
55. I am overflowing with energy!
56. I have control over my thoughts, feelings, and choices.
57. I aim to try something new everyday.
58. My plans turn out better than I expect them to.
59. I am constantly moving forward.
60. I am calm and relaxed in every situation.
61. I am surrounded by love.
62. I am an amazing mother and my kids love me!
63. I have the means to travel when I want to.
64. I am at peace with myself and the world.
65. I am healthy and happy.
66. I am guided by the inner wisdom in my heart.
67. I live in a world of abundance.
68. I can do everything and anything I set my mind to.
69. I always learn from my mistakes.
70. I know and accept my true self.

Be the Best YOU!

71. I am beautiful.

72. I believe in the person I dream of becoming.

73. I have come this far, and I aim to keep going.

74. I am worthy of love, respect, and wealth.

75. I will rise in the face of adversity and prevail.

76. My every step is a step of courage.

77. I feel profound empathy and love for others and their own unique paths.

Go out there and be Unstoppable!