

## 70 Affirmations to Help You Stay Positive, Focused & Motivated

1. I embrace success. The words "I can't" are not in my vocabulary. I refuse to believe my own excuses. I am unstoppable!
2. I am calm in the face of conflict. I brush annoyances off quickly & easily. I agree to disagree. I am bigger than that!
3. I choose to radiate love, joy & gratitude today. I know life is too short to dwell on negativity. I walk in the light!
4. I release my need to impress others. I know that I have nothing to prove. I choose to accept myself just the way I am!
5. I am free to create my OWN reality. I have choices in all situations. Nothing stands between me and my highest good.
6. I release my attachment to everything that no longer serves me. I refuse to let anything or anyone hold me back!
7. I release my need to compare myself to others. I judge myself by my own standards of success. I am ENOUGH just as I am.
8. I am ready to show the world who I am and what I have to offer. No one can stop me from fulfilling my purpose!
9. I am making space for more success to come into my life. I let go of my excuses. I am productive & focused on results!
10. I choose to take responsibility for my own happiness. I will not let anyone "make" me angry today. I am in control!
11. I am committed to the possibility of my own success. I take action on my goals now so I can have the lifestyle I want.
12. I honor my need to rest and recharge. I am committed to finding at least one hour of "me" time today!
13. I am here for a reason. That reason does not include gossip & negativity. I am committed to being a positive influence!
14. I take my goals seriously. I know that my time here on earth is limited. I honor my life by doing what I love.
15. I am committed to my own success. I go out of my way to meet people I admire & respect. I am on the path to greatness!
16. I am comfortable asking for what I want because I know I deserve it. I choose to honor my desires today and always.
17. I release all negativity from my life. I choose to focus on being positive and productive!
18. I am thankful for this beautiful day and the infinite possibility it holds. I know something good is going to happen!
19. I allow myself to be open to new opportunities and possibilities. I am free of believing that my options are limited.
20. I can achieve whatever I want. I can have what I desire. Everything is possible.
21. No matter what happens today, I will remember the truth that I am beautiful, powerful and free.
22. I trust my inner wisdom and intuition. I am the only one who knows what's best for me.
23. I am focused on doing what I was put here on earth to do. Everything else is a distraction.
24. I release my attachment to everything that no longer serves me. I deserve to be happy and free.
25. Instead of complaining about not having ENOUGH time today, I will use the time I DO have in a way that honors my values and goals.
26. As soon as I commit to my ideal life, the universe will start moving on my behalf. All I have to do is take the first step.
27. My life is free from drama and negativity. I surround myself with love and light.
28. I am brave enough to embrace my true power. I have full control over my life.

29. Regardless of the situations which confront me, I know that I am blessed. I receive the blessing from every lesson!
30. I release my desire to be "perfect." I am already good enough to be loved & accepted. I know I am worthy just as I am!
31. Forgiveness is a gift I give myself. By forgiving others, I set myself free from pain & suffering. I choose to forgive.
32. Even if I take a wrong turn, I can find another route. I can get a map & chart a new course. Stopping is not an option!
33. I am committed to accomplishing my goals, despite all the mistakes I make along the way. I choose to LEARN from them!
34. I release all feelings of envy. I am destined to live my OWN version of happy that has nothing to do with anyone else.
35. I will plant only GOOD seeds in the world today. I will not waste even one precious second in anger, hate or jealousy.
36. I embrace my BEST self today. I choose to live in a way that will bring peace, joy, and happiness to myself and others.
37. I am right where I need to be. I embrace the challenges & opportunities facing me right now. I choose to learn & grow!
38. I am the President of my life. I refuse to allow anyone else to play that role. I trust myself to make good decisions.
39. I release my need to control the future. Instead, I simply focus on allowing the BEST to happen!
40. I choose to let go of the OLD so that I can finally start making progress with the NEW path I want to take in my life.
41. I honor my desire to reach my goals. By doing at least ONE thing everyday, I make consistent progress toward my dreams!
42. Instead of being discouraged by how far I still have left to go, I choose to be grateful for how far I've already come.
43. I know that I was put on earth for a purpose. I choose to honor that purpose today & inspire others to walk their path.
44. I refuse to allow myself to be overcommitted. I say NO quickly and easily. I protect my "me time" because I deserve it.
45. I release all feelings of jealousy. I know I am enough & have enough. I don't have to compete with anyone for anything.
46. I embrace the infinite possibility of today. I am enthusiastic about life & ready to take inspired action on my goals!
47. I refuse to allow others to hold me back from doing what I really want to do. I give myself permission to walk MY path.
48. I accept the truth that the past cannot be changed. I choose to focus on my future and move forward in the light.
49. I embrace my full potential, even if it makes others uncomfortable. I refuse to play small. I'm meant to do BIG things.
50. I am no longer afraid of the unknown because I know I can overcome ANY challenge that comes my way. I am invincible!
51. I choose to be myself & allow others to be themselves. I know I am no better than anyone else. We are ALL on the path.
52. I release all negative thoughts. I maintain a positive mindset despite challenges. I give myself permission to SHINE!
53. I embrace this opportunity to be better than I was yesterday. I take responsibility for my choices today and always.
54. I choose to take action in spite of my fear of failure. No matter what happens, I give myself credit for daring to try.

55. I am committed to taking action in spite of fear, knowing that all of my needs will be taken care of by the universe.
56. I have nothing to worry about. I choose to focus only on what I can control. The rest will work itself out for my good.
57. I don't need the approval of others because I approve of myself. I know that my approval is the only kind that matters.
58. I am in the right place at the right time. I am on the right path and I trust myself to make the right decisions.
59. Instead of judging others, I judge myself on whether I'm being the best I can be. It's always a better use of my time.
60. I am in control of my life. I don't need anyone's approval before I make a decision. I choose to do what's best for ME.
61. I am in charge of my own happiness. I let go of the belief that I need someone to "make" me happy.
62. I don't have to wait until I feel "ready" to take action on my goals. The timing will never be perfect. I am ready now.
63. No one can make me angry. I am responsible for my emotions and reactions. I choose to be at peace.
64. There is nothing wrong with me. I am not lacking in any way. I am good enough. I have enough. I AM enough.
65. I know what I want. I know I deserve to have it. I take responsibility for bringing it into my life.
66. I am beautiful and worthy of every truly beautiful thing.
67. I am ready to let go of everything that no longer serves me. I choose to walk the bright path to my own happiness.
68. Fear flows through me but it is not me. I am bigger than fear. I am beyond fear. Fear does not define me. I am not fear.
69. I am willing to forgive. Forgiving myself and others releases me from the pain of the past. I forgive and I am free.
70. I accept responsibility for my own happiness. I don't need anyone or anything to complete me because I am already complete.

Source:

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