

DAILY AFFIRMATIONS

Wendy at <https://lifeandbusinesswithwendy.com/eft-for-stress-relief/>

Affirmations for positivity

- **Right here, right now, all is well in my world**
- **I'm creating a life I love**
- **I am enough**
- **I fill my mind with positive thoughts**
- **My life doesn't need to be perfect to be wonderful**
- **Every day in every way my life gets better and better**
- **I focus on the positive things about myself**
- **I focus on the positive things about my life**
- **I am blessed**
- **I have what it takes to achieve my goals**
- **I choose to think the best of myself**
- **I choose to think the best of others**
- **I love and cherish myself**
- **I expect the best today and every day**
- **I love my life**
- **My life is not perfect but it is wonderful**
- **I am not perfect but I am awesome**
- **Today is a good day**
- **I'm so happy and grateful for all the wonderful people in my life**
- **I look on the bright side of life**
- **Good things happen to me every day**
- **I am loved**
- **I attract wonderful people into my life**
- **I attract wonderful opportunities**
- **Today is a great day to be alive**
- **Today I will show up and give the best of me**
- **I'm always in the right place at the right time**
- **I'm a positive person**

- There are so many wonderful people in the world

This is just a small collection of examples for using affirmations to feel more positive. NOW see if you can create your own

General Morning Affirmations

- Thank you for today
- I am so grateful for...
- All is well in my world
- Every day in every way my life gets better and better
- Today is a wonderful day
- I am _____ today – For example, I am calm today, I am empowered today, I am confident today.

Positive Evening Affirmations List

- All is well in my world
- I'm a perfect match for my ideal life
- I am enough
- Every day in every way my life gets better
- Thank you for all the wonderful people in my life
- Thank you for my good health and wellbeing
- I am worthy
- Life is wonderful
- I am healthy
- Happiness is a natural state for me
- I am blessed with wonderful friends, family, loved ones...
- Success comes easy to me
- I sleep really well and wake up rested, ready for a wonderful day

If you wish you can tap these into your body using the EFT sequence in EFT section – Ashling Carolan