

# 100 Positive Affirmations to Carry You Through Life

## **When you feel lonely and sad:**

1. I feel the love of those who are not physically around me
2. I take pleasure in my own solitude
3. I am too big a gift to this world to feel self-pity and sadness
4. I love and approve of myself

## **When you feel terrified (without your safety being in danger):**

5. I focus on breathing and grounding myself
6. Following my intuition and my heart keeps me safe and sound
7. I am making the right choices every time
8. I am drawing from my inner strength and inner light
9. I trust myself

## **When you feel insignificant:**

10. I am a unique child of this world
11. I have every bit as much brightness to offer the world as the next person
12. I matter and what I have to offer this world also matters
13. I may be one in 7 billion but I am along one in 7 billion!

## **When you are nervous:**

14. I trust my inner light and intuition to guide me
15. Nervousness surrounding what I want to do is a good sign
16. I know the situation will work out for my highest good
17. Wonderful things unfold before me

## **When you are angry:**

18. I forgive myself for whatever mistakes I have made
19. I let go of my anger so I can see clearly
20. I accept responsibility if my anger has hurt anyone
21. I replace my anger with understanding and compassion
22. I offer a sincere apology to those affected by my anger

## **When you feel hopeless and at the end of your rope:**

23. I may not understand the good in this situation yet it is there
24. I can muster up a little more hope and courage from deep inside me
25. I choose to find hopeful and optimistic ways to look at this
26. I kindly ask for help and guidance if I cannot see a better way
27. I refuse to give up because I haven't tried all possible ways

**When you feel conflicted about a decision:**

- 28. I know my inner self will guide me to the right decision
- 29. I trust myself to make the best and smartest decision for me
- 30. I receive all feedback about my decisions with kindness but make the final call myself
- 31. I listen with love to this inner conflict and reflect on it until I get to peace around it

**When you feel conflict with your family members:**

- 32. I love my family even if they do not understand me completely
- 33. I show my family how much I love them in all the verbal and non-verbal ways I can
- 34. There is a good reason I was paired with this perfect family
- 35. I choose to see my family as a gift
- 36. I grow into a better person from the hardship that I feel with my family.

**When you are among friends:**

- 37. I choose friends who approve of me and love me
- 38. I surround myself with friends who treat me well
- 39. I take the time to show my friends that I care about them
- 40. My friends do not judge me, nor do they influence what I do with my life
- 41. I take great pleasure in my friends, even if we disagree or live different lives

**When you are around strangers:**

- 42. I am beautiful and smart and that's how everyone sees me
- 43. I take comfort in the fact that I can always leave this situation
- 44. I never know what amazing, incredible person I will meet next
- 45. The company of strangers teaches me more about what I like and what I don't like

**When you are at work:**

- 46. I am doing work that I enjoy and find fulfilling
- 47. I know that I have a choice in the work that I do in this world
- 48. I do not settle for meaningless, boring, and frustrating work
- 49. I engage in work that impacts this world in a positive way
- 50. I believe in my ability to change the world on a small scale with the work that I do

**When you can't sleep:**

- 51. I know that peaceful sleep awaits me in dreamland
- 52. I let go of all the lies I tell myself
- 53. I let go of my thoughts until morning
- 54. I embrace the peace and quiet of the night
- 55. I sleep soundly and deeply and beautifully into this night

**When you don't want to face the day:**

- 56. What is this day were to bring me a great joy?
- 57. I bet today will be a day to remember. Let us go and greet it.

- 58. My thoughts are my reality and I am thinking of a bright new day.
- 59. I fill this day with hope and face it with joy
- 60. The day will come and go, whether I participate or not. Let us participate.

**When you worry about your future:**

- 61. I let go of my fears, worries that drain my energy for no good return
- 62. I make smart, calculated plans for my future
- 63. I enlist the help of experts as needed in my financial planning
- 64. I refuse to fall victim in a state of panic by preparing for my future
- 65. I trust in my own ability to provide well for my future

**When you can't get your loved ones to support your dreams:**

- 66. I follow my dreams no matter what
- 67. I show compassion in helping my loved ones understand my dreams
- 68. I ask my loved ones to support my dreams
- 69. I answer questions about my dreams without getting defensive
- 70. I know that my loved ones love me without fully grappling with my dreams
- 71. I accept them as they are and continue on with pursuing my dream

**When you come face to face with a problem:**

- 72. I am safe and sound
- 73. Everything is going to work out for my highest good
- 74. There is a great reason that this is unfolding before me now
- 75. I have the smarts and the ability to get through this
- 76. Every problem has a solution, and I seek my solution with resolve

**When you want to do more with your life but feel stuck:**

- 77. I attempt all-not some-possible ways to get unstuck
- 78. I seek a new way of thinking about this situation
- 79. I know the answer is right before me, even if I am not seeing it
- 80. I believe in my ability to unlock the way and set myself free

**When you can't stop comparing yourself to others:**

- 81. I have no right to compare myself to anyone for I do not know their whole story
- 82. I compare myself only to my highest self
- 83. I choose to see the light that I am to this world
- 84. I am happy in my own skin and in my own circumstances
- 85. I see myself as the gift I am to my people and community and nation

**When you feel you are not good enough no matter how hard you try:**

- 86. I am more than good enough and I get better every day
- 87. I give up the right to criticize myself
- 88. I adopt the mindset to praise myself
- 89. I see the perfection in all my flaws and all my genius

90. I fully approve of who I am, even as I get better

91. I judge myself to be both good and great at all times of day and night.

**When you want to give up:**

92. I cannot give up until I have tried every conceivable way

93. Giving up is easy and always an option so let us delay it for another day

94. I give up the permission to give up for good

95. It is always too early to give up, so let me give it some more

96. I must know what awaits me at the end of this rope so I do not give up

**When you recognize how powerful, gifted, talented and brilliant you really are:**

97. The past has no power and no hold over my anymore

98. I embrace the rhythm and the flowing of my own heart

99. All that I need will come to me at the right time and place in this life

100. I am deeply fulfilled with who I am