



POSITIVE AFFIRMATIONS

Positive Affirmations can support the outcomes we want to experience in life. When spoken from the depths of the soul in faith and belief, affirmations bring about the very things we seek.

I have witnessed firsthand the power of words to create an oasis for Positive Life Change when facing hardship, adversity, tests, and trials.

These affirmations are my gift to you.
May they strengthen you in body, mind, spirit, and soul.

Lady D



Body, Mind, Spirit, and Soul

- * MY THOUGHTS ARE PRAYERS.
- * I WAS CREATED TO THRIVE IN LIFE.
- * I AM BEAUTIFUL, POWERFUL AND CREATIVE.
- * I SET ASIDE TIME TO DISCOVER WHAT MAKES ME UNIQUE.
- * I ALIGN MY THOUGHTS AND BEHAVIOR WITH
THE FUTURE I DESIRE.



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Creativity and Freedom

- * I CHOOSE THE REALITY IN WHICH I LIVE.
- * I KEEP MY EYES ON THE PATH SET BEFORE ME.
- * I EXERCISE MY GIFTS TO REMAIN SPIRITUALLY FIT.
- * I OPEN MY HEART TO RECEIVE THE INSIGHT OFFERED BY LIFE.
- * I TAKE STEPS, LARGE AND SMALL,
TO CREATE THE FUTURE I DESIRE.



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Shackle Free Living

- * I RISE STRONG EVERY DAY.
- * I AM FREE OF SELF-CRITICISM AND JUDGEMENT.
- * I BUILD BRIDGES TO SUPPORT MY ASCENSION TO GREATNESS.
- * I ENGAGE IN SELF-CARE TO BUILD MY SELF-ESTEEM AND SELF-WORTH.
- * I LAY A FOUNDATION TO SUPPORT THE FULFILLMENT OF MY HOPES, DREAMS, AND ASPIRATIONS.



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Life Mission and Purpose

- * MY DESTINY IS NOT CREATED FOR ME BUT BY ME.
 - * I SET ASIDE TIME TO DISCOVER MY LIFE MISSION AND PURPOSE.
 - * I CREATE A PLAN OF ACTION TO UPLIFT MYSELF AND BLESS OTHERS.
- * I KNOW THE PATH TO SUCCESS IS NOT LINEAR, BUT I KEEP MOVING ON.
- * I LET GO OF PEOPLE, PLACES, AND THINGS THAT DO NOT SERVE MY BEST INTEREST.



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Grace for Change

- * I SET BOUNDARIES TO STAY SAFE AND SANE.
- * I EXPERIENCE GROWTH IN EVERY AREA OF MY LIFE.
- * I EXERCISE STEWARDSHIP OVER MY HEART AND MIND.
- * I AM GRATEFUL FOR THE GIFT OF CHANGE FLOWING THROUGH MY VEINS.
- * I EXERCISE PATIENCE AND EXTEND THE GIFT OF GRACE TO MYSELF AND OTHERS.



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Pursuit of Passionate Living

- * I OVERCOME RESISTANCE TO POSITIVE LIFE CHANGE.
- * I AM A WORK IN PROGRESS AND A GIFT TO THE WORLD.
 - * I ALIGN WITH PEOPLE THAT SUPPORT THE FUTURE I DESIRE.
- * I MEND THE RIFTS THAT ARISE IN MY BODY, MIND, SPIRIT, AND SOUL.
- * I BELIEVE EVERYTHING WILL COME TO FRUITION AND MANIFEST AT THE RIGHT TIME.