**Positive Affirmations**

Every day I am more and more at ease.

All the muscles in my body are releasing and relaxing.

All negativity and stress are evaporating from my body and my mind.

I breathe in relaxation, and breathe out stress.

With every breath out, I release stress in my body.

I am free of anxiety, and filling my mind and boy with inner calm.

I accept and embrace all experiences, even unpleasant ones.

I release the past and live fully in the present moment.

Life is happening in this moment.

All is well right now.

In all that I say and do, I choose peace.

I respond peacefully in all situations.

I pay attention and listen to what my body needs for health and vitality.

My confidence, self esteem, and inner wisdom are increasing with each day.

I have integrity. I am reliable. I do what I say.

I approve of myself and love myself deeply and completely.

I feel my mind with positive and nourishing thoughts.

I am self-reliant, creative and persistent in whatever I do.

I love change and easily adjust myself to new situations.

I always see only the good in others. I attract only positive confident people.

I see fear as the fuel for my success and take bold action in spite of fear.

I feel powerful, capable, confident, energetic and on top of the world.

Today I am successful. Tomorrow I will be successful. Every day I am successful.

I have healthy boundaries with my love ones.

I communicate my desires and needs clearly and confidently with those around me.

I feel joy and contentment in this moment right now.

I find joy and pleasure in the simplest things in life.

My heart is overflowing with joy.

I rest in happiness when I go to sleep, knowing all is well in my world.

I am grateful for my many blessings in life.

I am continually amazed at how abundant my life is!

I am grateful for everything and everyone in my life!