

# **130 Positive Affirmations for Success and Happiness**



**by Elle Jay**

**[www.secretchanges.com](http://www.secretchanges.com)**

Copyright Secret Changes, All rights reserved.

# 130 Positive Affirmations for Success and Happiness

By Elle Jay

[www.secretchanges.com](http://www.secretchanges.com)

Positive affirmations are a wonderful tool that can help you overcome fear, build your confidence, develop a mindset of abundance and more. Affirmations are quite simply positive statements or declarations. You can use these positive statements to help you shift your thoughts and emotions to a more positive place so you feel more confident, happy, secure, abundant, or anything else you're trying to accomplish.

Using affirmations on a regular basis is a powerful technique for change. Your subconscious mind does not recognize the difference between an actual experience and a positive or negative thought, so you have the opportunity to re-program your subconscious mind and remove negative or limiting beliefs using positive affirmations.

There are a few important points to keep in mind when performing your affirmations:

- ❖ Use the present tense. You want your subconscious mind to feel that the affirmation is already happening
- ❖ Use the first person when stating your affirmation, as in, "I " or "my"
- ❖ Use or create affirmations for your particular issue or goal
- ❖ State your affirmations with only positive phrases. Don't use phrases beginning with negatives such as, "I won't"
- ❖ Use short and clear sentences
- ❖ Be specific
- ❖ Repeat them often. Using positive affirmations repetitively will embed them into your subconscious mind
- ❖ Be passionate as you say your affirmations, and feel the emotion as if you have already accomplished the affirmation
- ❖ Believe in your affirmation and anticipate the success

To be most effective, you should perform your affirmations immediately upon waking and just before you drift off to sleep.

# **130 Positive Affirmations for Success and Happiness**

## **Affirmation Categories Included:**

1. Affirmations for Healthy Weight and Body Image
2. Affirmations for Self-Belief
3. Affirmations for Abundance and Prosperity
4. Affirmations for Life Purpose
5. Affirmations for Inner Peace
6. Affirmations Opportunity
7. Affirmations for Love
8. Affirmations for Healing
9. Affirmations for Inner Wisdom
10. Affirmations for Self-Confidence
11. Affirmations for Self-Love
12. Affirmations for Success in Business
13. Affirmations for Accepting Change

### **Affirmations for Healthy Weight and Body Image:**

- Today I choose to honor my beauty, my strength and my uniqueness.
- I love the way I feel when I take good care of myself.
- Today my own well-being is my top priority.
- I love my body fully just the way it is.
- My body has its own wisdom and I trust that wisdom completely.
- My body is simply a projection of my beliefs about myself.
- I am growing more beautiful every day.
- As I love myself, I allow others to love me too.
- Flaws are transformed by love and acceptance.
- I choose to see the divine perfection in every cell of my body.

### **Affirmations for Self-Belief:**

- I have a natural level of self belief.
- Fear is only a feeling; it cannot hold me back.
- I know that I can master anything if I do it enough times.
- Today I am willing to fail in order to succeed.
- I have the strength to make my dreams come true.
- I'm proud of myself for attempting new things.
- Today I put my full trust in my inner guidance.
- I grow in strength with every forward step I take.
- I release my hesitation and make room for triumph.
- I believe in myself wholeheartedly.

### **Affirmations for Abundance and Prosperity:**

- I open to the flow of great abundance in all areas of my life.
- I always have more than enough of everything I need.
- Today I expand my awareness of the abundance all around me.
- I allow the universe to bless me in surprising and joyful ways.
- My grateful heart is a magnet that attracts more of everything I desire.
- Prosperity surrounds me, fills me, and flows to me and through me.
- I exude passion, purpose and prosperity.
- I am always led to the people who need what I have to offer.
- As my commitment to help others grows, so does my wealth.
- My day is filled with limitless potential in joy, abundance and love.

### **Affirmations for Life Purpose:**

- The better I know myself, the clearer my purpose becomes.
- My unique skills and talents can make a profound difference in the world.
- Today I follow my heart and discover my destiny.
- I am meant to do great things.
- I am limited only by my vision of what is possible.
- My purpose is to develop and share the best parts of myself with others.
- Today I present my love, passion, talent and joy as a gift to the world.
- I need not know the entire journey in order to take one step.
- I fulfill my life purpose by starting here, right now.
- My life purpose can be whatever I decide to make it.

### **Affirmations for Inner Peace:**

- All is well, right here, right now.
- Peace begins with a conscious choice.
- Today I embrace simplicity, peace and solace.
- A peaceful heart makes for a peaceful life.
- I trust the universe to deliver my highest good in every situation.
- By becoming peace, I create peace in every experience.
- I am filled with the light of love, peace and joy.
- Peace comes when I let go of trying to control every tiny detail.
- Where peace dwells, fear cannot.
- Today I surrender and release.

### **Affirmations for Opportunity:**

- Today I open my mind to the endless opportunities surrounding me.
- Opportunities are everywhere, if I choose to see them.
- I boldly act on great opportunities when I see them.
- My intuition leads me to the most lucrative opportunities.
- An opportunity is simply a possibility until I act on it.
- Some of the best opportunities are made, not found.
- Today I see each moment as a new opportunity to express my greatness.
- I expand my awareness of the hidden potential in each experience.
- Let each of my experiences today be a gateway to something even better.
- Each decision I make creates new opportunities.

### **Affirmations for Love:**

- I always see the positive aspects of my relationship.
- I am focused on making my relationships work.
- I am ready for a healthy, loving relationship.
- My relationships are meaningful and fulfilling.
- As I share my love with others the universe mirrors love back to me.
- I trust the universe to know the type of partner who is perfect for me.
- I am grateful for the people in my life.
- I am the perfect partner for my perfect partner.
- I deserve a loving, healthy relationship.
- I deserve to be loved and I open myself to love.

### **Affirmations for Healing:**

- I am strong and healthy.
- My energy and vitality are increasing every day.
- I open to the natural flow of wellness now.
- My inner guidance leads me to the right healing modalities for me.
- Abundant health and wellness are my birthright.
- I have strength, health and vitality.
- I am feeling stronger and better today.
- I love taking good care of myself.
- Today nurturing myself is my highest priority.
- I have a balanced mind, body and spirit.

### **Affirmations for Inner Wisdom:**

- Today I awaken to my higher wisdom.
- My inner voice guides me in every moment.
- I am centered, calm and clear.
- I always know the right actions to achieve my goals.
- I am open to divine guidance.
- When I know where I'm going, getting there is easy.
- Today I am completely tuned in to my inner wisdom.
- Harmony is a sign that I am balanced from within.
- I am shown the way to my dreams.
- I trust my feelings and insights.

## **Affirmations for Self-Confidence**

- I like myself more each day.
- I am capable and strong.
- I know that I am a winner.
- My personality exudes confidence.
- I am a deserving human being.
- I am able to easily handle any problem I face.
- I am brimming with confidence.
- I love the unique individual I am.
- I face difficult situations with courage and conviction.
- I am confident in all situations.

## **Affirmations for Self-Love:**

- I am filled with light, love and peace.
- I treat myself with kindness and respect.
- I love the unique individual I am.
- I honor the best parts of myself and share them with others.
- I'm proud of all I have accomplished.
- Today I give myself permission to be greater than my fears.
- I love myself no matter what.
- I am my own best friend.
- I have qualities, traits and talents that make me unique.
- I give myself permission to shine.

## **Affirmations for Success in Business:**

- I am successful in business.
- I am a natural business person.
- I have excellent skills.
- I always present myself well.
- I communicate effectively.
- I am persuasive in business.
- I am confident in myself and my business pursuits.
- I am persistent and find new paths to success.
- I exude confidence in business dealings.
- My business is successful and fulfilling.

## **Affirmations for Accepting Change:**

- I easily adapt to changes in my life.
- I make the best of new situations.
- I feel positive in new situations.
- I look forward to new changes in my life.
- I am excited about new directions my life takes.
- My life is full of new possibilities.
- I make the most out of any situation.
- I easily adapt to any new circumstances.
- I see change as a positive thing.
- I am open to opportunities that come with a change.

For more information on [positive affirmations](#), as well as [subliminal affirmations](#) and other areas of personal growth, visit Elle Jay's website at: [www.secretchanges.com](http://www.secretchanges.com).

Did you know that audible affirmations are extremely effective? Learn more by visiting the [audible words of affirmation](#) page here.

Secret Changes also offers [pre-made affirmation cards](#) that are easy to use to help you in keeping your positive affirmations in the forefront of your mind throughout the day.