

25 Daily Affirmations



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The definition of affirmation is “the action of affirming something”. Affirmations are phrases that you say verbally to yourself or write down on a regular basis to imprint the message on your subconscious mind. Affirmations can be powerful tools that help you focus your attention on the positive rather than the mundane.

I've divided 25 affirmations that I find most powerful into groups that focus on specific areas of improvement. Simply take some time throughout your day to say the affirmations to yourself either out loud or silently or write them down in a notebook or journal. You can repeat them constantly or intermittently throughout the day to reaffirm their meaning.

Affirmations to start your day

- I am grateful for all things that come to me.
- I am grateful for (Insert Here...)
- My eyes are God's eyes; I see with the sight of spirit.
- My ears are God's ears; I hear with the ears of spirit.

Affirmations for self-love

- I love and accept myself exactly as I am.
- I am loved by others as I love them.
- I move forward with confidence.
- I compare myself only to my higher self.
- I am divine radiance as are all beings.

Affirmations for right thought

- I will have strong, pure and happy thoughts.
- My mind is clear and tranquil.
- My mind is filled with positive thoughts and good intentions.
- I create my reality through thought.
- My mind is free and my heart is open.
- I will banish all doubt and fear from my thoughts

Affirmations for kindness

- Today I choose to water the seed of peace within my soul.
- I am filled with peace, joy, love and kindness.
- I will create no suffering.

Affirmations for peace and connection

- My Life is connected with all life on earth.
- I remain at peace as changes occur.
- In this moment I am open, spacious and kind.
- I am at peace with myself.
- The past has no power over me.

Affirmations for presence

- I am present in this moment.