

Positive Affirmations List

- “Everything is going to be okay.”
- “I am a great student.”
- “I’m looking forward to learning.”
- “I am successful in stressful situations.”
- “I will pass my exams with good grades.”
- “I love to learn.”
- “I am worthy and capable of anything I desire.”
- “I know what I want and I have the ability to create it.”
- “I am proud of myself.”
- “I am loved and fully appreciated for being myself.”
- “People, including myself, are always doing the best they can.”
- “I feel compassion for myself and forgive my mistakes of the past.”
- “I forgive those who have harmed me.”
- “I love to give and I love to receive.”
- “I am enough.”
- “The world is filled with enough.”
- “My future is filled with love and joy.”
- “I am content.”
- “I am loved and in love”
- “I am healthy, energised and have the body of my dreams.”
- “I am motivated.”
- “I am smart.”

Try this exercise ...

Today, write down 3 things that you say to yourself that are said without love, such as:

I can't ...

I am no good at ...

I'm too tired to ...

I'm not good enough ...

It's too hard ...

I have no time ...

Then write down 3 positive affirmations to change the way you speak to yourself in a more positive, self-caring, self-loving and empowering way.

E.g.

I am ... (beautiful)

I can ... (do anything I set my mind to)

I will ... (succeed)

Whenever you hear yourself thinking those negative thoughts about yourself, quickly turn that thought around with your new awesome positive affirmation.