**101 Helpful Affirmations**



Affirmations are **great tools** that can help you overcome fear, build your confidence, develop an abundance mind-set and more. The problem is that many people aren't sure exactly how to write effective affirmations. Do they always have to be in present tense? Can they contain "negative" words like can't, won't, not, and so on?

There are plenty of differing opinions on the right and wrong ways to write effective affirmations, but the bottom line is that an affirmation can be considered effective if it works for YOU! The whole point of affirmations is to 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.

Take a look at the sample affirmations below for starters and feel free to use them if they resonate with you. If not, try altering them slightly until they trigger the mind-set and emotional state you're trying to attain.

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

* Today I love my body fully, deeply and joyfully.
* 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 and luminous day by day.
* I choose to see the divine perfection in every cell of my body.
* As I love myself, I allow others to love me too.
* Flaws are transformed by love and acceptance.
* 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.

Affirmations for **Self-Confidence** and **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 believe that I have the strength to make my dreams come true.
* I'm going to relax and have fun with this, no matter what the outcome may be.
* I'm proud of myself for even daring to try; many people won't even do that!
* 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 victory!
* With a solid plan and a belief in myself, there's nothing I can't do.

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.
* Thank you, thank you, thank you, thank you!
* 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, prosperity fills me, prosperity 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 my mission is to 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 am ready for a healthy, loving relationship.
* All of my relationships are meaningful and fulfilling.
* As I share my love with others the universe mirrors love back to me.
* I see everyone I meet as a soul mate.
* I trust the universe to know the type of partner who is perfect for me.
* Today I release fear and open my heart to true love.
* 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 allow myself to be loved.

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.
* Thank you for my strength, my health and my vitality.
* I am feeling stronger and better now.
* I love taking good care of myself.
* Today nurturing myself is my highest priority.
* Thank you for the opportunity to balance my mind, body and spirit.

Affirmations for **Inner Clarity**:

* 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.
* When I know where I'm going, getting there is a cinch!
* Today I am completely tuned in to my inner wisdom.
* Harmony is always a sign that I am balanced from within.
* Thank you for showing me the way to my dreams.
* I trust my feelings and insights.
* I am detached and open to divine guidance.

Affirmations for **Self-Love**:

* I am filled with light, love and peace.
* I treat myself with kindness and respect.
* I don't have to be perfect; I just have to be me.
* I give myself permission to shine.
* 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 and cheerleader.
* Thank you for the qualities, traits and talents that make me so unique.