

Positive Affirmations

- I am enough, I have enough, I do enough
- I am free of worry and stress
- I show up authentically as myself
- I am taking action toward my goals
- My life is full of abundance and happiness
- I am in control of my feelings, actions, and effort
- I lead with love and joy
- I choose happiness
- My ability to conquer challenges is limitless
- I am courageous and confident
- I have everything I need to succeed in life
- I am present and patient
- My worth is not determined by the opinions of others
- I am superior to negative thoughts and low actions