

Positive Affirmations ~ Susan K. Edwards, LSH

Affirmations for Anxiety & Stress

I am safe.

I am not in danger and can easily distinguish when I am safe and when I'm not.

I am confident in my abilities.

I am perfectly able to assess the situation accurately and determine the best course of action.

I can easily discern between real and perceived threats.

This feeling is only temporary.

These are not my feelings and emotions. I return them to sender with Love.

I breathe in calming energy and I exhale all stress and anxiety.

I choose what I think and feel about. I choose calmness and joy.

Every cell in my body is relaxed and calm.

I am cool, calm, and collected.

All is well in my world and I am safe.

I am loved.

I am enough.

I am strong.

This is a rich and abundant Universe and I have everything I need.

I love myself deeply and unconditionally.

Within me is a peacefulness

I transcend stress of any kind. I live in peace.

Breathing in I calm my body, breathing out I smile.

transition

This too shall pass and I am strong.

With every breath, I release the anxiety within me and I become more calm.

I choose to live life courageously.

I joyously flow with changes life brings to me. I am flexible and resilient

I love all of myself, including my mind, my body and all of my emotions.

I am free of anxiety and stress and continue to be so.

Affirmations to Heal a Broken Heart

I choose to have relationships which are fun, satisfying, loving and empowering.

I love all of myself, including my mind, my body and all of my emotions.

God's Divine plan for my life is unfolding for me now.

I joyously flow with the changes the Divine plan for my life produces.
I release the past with Love and acceptance. The past releases me. I am free.
I am free to enjoy perfect Love.
I am enough.
I am worthy.

Abundance

I am free to enjoy perfect abundance in my life NOW!
I am considered an expert in my field and prosperity flows to me easily and in abundance.
I am a good steward of my abundance.
I am rich in many ways!
I am worthy of abundance.
This is a rich and abundance Universe and there is plenty for all.
I accept my good.

Love

I am Love.
I am worthy.
I am free to enjoy perfect, loving, fun, empowering relationships... NOW!
I'm enough just the way I am.
I give and receive Love freely.
I choose to have relationships which are fun, satisfying, loving and empowering.

Health

I am whole and healthy.
I choose to live my life in high level wellness.
I enjoy nourishing my body with wholesome foods.
I am strong, lean and healthy.
I enjoy making choices that enhance my high level wellness.
My body responds beautifully with health, strength and vitality.
I am balanced and grounded.
I radiate love, health and abundance.
I release anything and everything that no longer serves me.