

Affirmations for Meditation

1. I am aligned with my inner power.
2. This is my life. With freewill, I can choose exactly what I want to do.
3. I choose a career that makes me happy.
4. I am at home in my body; I am at home in the world.
5. I am honoring myself. Therefore, I do more of what gives me joy; and I spread joy.
6. It's my life. With sobriety and freewill, I can choose every moment.
7. I choose to be happy.
8. I am the master of my day.
9. Things will happen outside of my control, and that is a natural part of life; how I react to this is my choice.
10. Everything that I experience is part of my learning process.
11. In gratitude and in love, I walk this path.
12. Life supports me in every possible way.
13. I am a loving soul in a human body.
14. I am here to learn, grow, and remember that I am a part of something much bigger than myself.
15. I'm gentle and loving with myself.
16. I am worthy of love, kindness, and respect.
17. I am intelligent and capable of creating all I desire.
18. All that I seek, seeks me; all that I seek is already within me.
19. I respect myself, I accept myself, I love myself.
20. I am happy in my sobriety and I aim to make a positive difference in this world, and I choose to show up in my life and honor this opportunity that I have been given.
21. I choose to be happy.
22. I am grateful for the sense of wellbeing that fills my consciousness everyday.
23. I am always finding new things to appreciate in my life.
24. My heart and my mind are best friends.
25. Opportunities flow to me with ease and abundance.
26. I am attracting love, tolerance, and acceptance.
27. Life supports me in every possible way.
28. Today, I am sowing seeds for tomorrow. I choose my seeds with care.
29. Where focus goes, energy flows.
30. I deserve love; and it circulates in abundance all around me.
31. I am pure life force in a human body; I am life.
32. Every being has its own unique path. I live and let live.
33. I am flexible to changes happening in my life.
34. My children have their own spirit guides and are on a journey they chose.
35. The more accepting I am of change, the easier it feels. Because change is a natural aspect of life. It is a sign of life - and I choose life.

36. I am a positive thinker, I am a powerful thinker, I am a conscious thinker.
37. I accepted life as a journey.
38. Everything that happens is a part of a greater picture and happens for my highest good.
39. I have all that I need within me, and I am proud to shine my light.
40. I accept who I am.
41. I am one with a Power that created me.
42. I choose to release the need to understand it all.
43. I choose peace.
44. My subconscious is filled with unlimited resources.
45. I accept who I am, I remember who I am.
46. I am freedom.
47. I am a powerful force for good.
48. I am taking full responsibility for all of my decisions.
49. I absorb it all; and I am here to learn, I am here to grow, and I am here to do the best that I can.
50. My appreciation and love for life is constantly expanding.
51. I choose to love and honor every cell in my beautiful body.
52. I love you.
53. My intention for today sends a ripple effect of goodness in everything that I do today.
54. I respect myself, I accept myself, I love myself.
55. I am trusting the love in my heart to guide me.
56. I am loved by The Universe.
57. I am a divine soul in a physical body.
58. I am here on earth to shine.
59. I choose to trust life.
60. I'm connected to life; I'm connected to infinite wisdom.
61. Abundance flows to me effortlessly.
62. I learned to listen to myself and trust my inner voice.
63. I'm always finding new things to appreciate in my life.
64. I am trusting the love in my heart to guide me.
65. I'm loving to myself and others.
66. I am clear on my vision and purpose in life.
67. I am loving to myself and others.
68. It is now safe for me to express my feelings and to create the life I desire.
69. I ask and I receive.
70. I'm radiating love.
71. I choose to be happy.
72. My happiness is a result of my focus.
73. I am pure life force in a human body; I am life.
74. I respect myself, I accept myself, I love myself.
75. I am free to think, I am free to choose.
76. I am free to change, I am free to move on.
77. I am love.