

## DAILY AFFIRMATIONS

Saying these affirmations at the start of everyday, out loud and with a joyful heart will elevate your spirit and bring you closer to your objectives.

Take no more than 10 minutes and then go about your day without giving them another thought.

They can be said anywhere and at anytime, though preferably without distraction. It's always best to set your day up as you mean to go on, which is why mornings are best.

To cultivate more joy to empower you, be sure to check in on how you are feeling as you chant these and especially afterwards. If you are feeling low, think of your happiest memories and utilise that energy to energise you before you start reciting your affirmations.

Finally, always remember, changing your thoughts to be more beautiful and supportive and you will live a more beautiful, fruitful life beyond your wildest dreams.

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Today I relinquish all of my goals and plans to the care of universe/guardian angel/God (your chosen higher power).

Guides of my highest love, truth and compassion guide me towards my best future and greatest good.

With absolute faith and certainly, I know there is a plan far greater than mine.

I surrender my agenda to allow for expansion because I know the universe supports me and fulfils me in every possible way and for my highest purpose.

Each step is perfectly crafted for me and I am open to receive my divine guidance.

Life flows with ease and prosperity.

My energy flows where my attention and intentions go. My intentions create my reality.

I bask in the sensation of immense and unconditional love.

I am so grateful to identify, embrace and live within miracles in every moment.

I feel loved and supported in everything I do.

I trust in the perfect order of the universe so that I may heal and grow.

I always see challenges as opportunities that continually expand me into my greatest good.

I deserve the absolute best the universe has to offer and infinitely more. I know the universe is working to create my greatest life for my utmost benefit.

I am a receptive vessel of divine love and wisdom. I let go, surrender all control and attachment to my dreams because I know beyond doubt my wildest dreams come true in the perfect time sequence and availability. Because the universe is organising my desires perfectly and just for me, allows me to relax and enjoy my true purpose of spreading glorious love, light and happiness.

I am more than enough.

I choose to live an unlimited life.

Because I am inspiring others to create a beautiful life with love, I know the universe will reward me far beyond what I think I deserve or that I think I am worth.

In every moment, I live my greatest moments with powerful intention and purpose of enjoying and spreading fun, love, and light to all.

My life is plentiful and abundant in everyway.

I deal with all of life's events graciously with courage, understanding, compassion, love, strength and confidence.

I remember to breath easily and slowly and let happiness flow through me.

When in doubt or negative thought, I notice, forgive myself and realign to appreciate the lesson with love and ask to seek ways to find joyful solutions.

I am the master of my own thoughts.

Inspiring solutions and answers abound. Each day I am crafting my greatest self.

I embrace my true presence and purpose that affirms my words and thoughts with power and joy.

I know beyond doubt the universe provides me with unlimited loving spiritual solutions and creative ideas everywhere.

My life is brimming with unconditional love and generosity. I always receive love because I am love. I receive all that I need and I feel deeply fulfilled and appreciated.

I feel safe and secure. I feel complete calm, relaxed and peaceful.

My mind and body are constantly balanced and perfectly in tune.

With patience in allowing for everything to unfold perfectly, I am grateful to my guides of my highest love, truth and compassion for providing me with clear direction.

My beautiful thoughts towards happiness shape my future and I let happiness radiate within and throughout me.

I feel so truly blessed.

My positive intentions only ever serve to support and encourage others with love.

I am in tune with my intuition on how I am feeling which determines my thoughts and behaviours. When I feel misaligned for any reason, I thank my body for bringing it to my attention, and always realign with love and joy.

Thank you for granting me the grace to accept the things I cannot change, courage to improve the things I can, and wisdom to know the difference.

They will be done.