

EVERY DAY AFFIRMATIONS



Created by
@wise.souls.mentor©

I was born to thrive and have fun.

My feelings show me that I am alive.

I receive money, joy, & good times as easily as I breathe.

Even though I feel anxious and frustrated at times, I deeply and completely love, accept and forgive myself.

My purpose in this lifetime is to enjoy my human body and my human experiences.

I am the only one who knows me best.

The best is yet to come.

When I'm feeling low I remember that emotions are energy-in-motion. All will pass if I allow it to go.

Waking up in the morning is a miracle.

I ask all fragments of my energy to come back to me from places, people, and situations that no longer serve my favorite self. I take back my power now.

I am grateful for all the powerful resources that my ancestors passed on to me.

I can choose what to believe at any time and in all moments.

Every single second is an opportunity for me to start fresh, to choose new good-feeling thoughts that support my growth.

I am grateful for guilt, shame, anger, and sadness for showing me my humanness. I allow them to pass through me, over me, and into Mother Earth for recycling.

I remember that my true nature and essence is feeling happy, eager, joyful, excited and proud.

I can instantly & easily think about 5 things that I appreciate about my life.

My dreams & my desires have come to my attention because they are meant for me.

Help & support is always out there if I need it. I am never alone. I trust that if I search in the right places, I will find it.

I choose to believe that I am always being guided, and know that my Soul is the best guide of all!

I love you, Natalia



CREATED BY

 @wise.souls.mentor

www.nataliaurban.co

contact@nataliaurban.co