



Positive Affirmations

Linda K Ford Author



Affirmations & Visualisations will empower you and strengthen your resolve to move ahead and to create the change that you desire!

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AFFIRMATION

I feel relaxed.
I feel at peace within myself.
I create peace around me.
Peace is the breath of life.
I can create positive change in my life.

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Affirmation

I give myself permission to be happy,
to be free, to pursue my own dreams.

I create what is best for me.

I prosper, and I grow.

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Affirmation

I believe in myself.

I believe in my right to
receive what is good and
what is right for me!

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Affirmation

I choose to be quiet
& to listen to myself. The
answers are within me. I am
present. I am aware.

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Affirmation

I choose to create a quietness within my heart/mind. When I'm in stressful situations I choose to maintain my quietness within. The quieter I am the better I can think, the more I can remember. I choose to be quiet within.

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Affirmation

I am loved.

I am accepted.

Love flows around me &
supports me.

Life is good. Life is easy.

