



Big Book of Affirmations

Onederous Tribe

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Table of Contents

Foreword

Chapter 1:
Motivation and Positive Thinking

Chapter 2:
Healthy Living and Healthy Weight

Chapter 3:
Millionaire Mindset and Financial Freedom

Chapter 4:
Inner Peace

Chapter 5:
Love and Relationship Affirmations

Foreword

Affirmations are a great part of the practice of positive thinking, which involves repeating to one's self a carefully formatted statement, frequently. The affirmation needs to be present, personal, positive and specific for it to be effective.

What to do with shadows of fear and doubt: Understand that shadows of fear and self-doubt are likely to lurk around often. But that doesn't mean that you allow them to take over. Like all of us have our strengths, so we have our weaknesses - shadows are just a reminder of the latter. Just remember to not give them more importance than they deserve.

Embrace and accept: Want to get rid of your weaknesses? Start by accepting their presence. The more you try to keep pushing them away, the more stuck they will become. Instead, observe them, learn about them and then decide to let go of any resistance you may have around them. Also, focusing on your strengths can be a way to let go of your weaknesses.

Discover yourself: No matter whom you share your fears with - your shadows will always be yours alone. Understand that shadows are a kind of 'rites de passage' that will help you discover your black spots, vulnerabilities and weaknesses. So don't see them as something you need to shoo away, see them as one of life's many instructors that will help you

Embrace your failures: If you have a dream, you can't give yourself just once chance to make it come true. Success stories are often a result of mistakes that made way for new learning. So, keep going, embrace failure as a paving stone for success!

Words can provide an easy refuge: Many times, we seek refuge in words to stay

away from doing things we don't want to be confronted with. This gives rise to excuses that begin and end with ifs and buts. When you really want to do something, there should be nothing that stops you from doing it. Stay away from excuses, and words like “try” and “hope to.” As Yoda famously said, “Do or Do Not, there is no Try.”

Words have power: What we think about and the words we use expand to create our reality. Cultivate a “yes” attitude. Cultivate an attitude of “can do” and gratitude. The reason a ‘yes’ attitude is the first step of success is because it allows you to test yourself and your capabilities. Agreeing to do something you haven't tried before or something that does not come easily to you lets you gauge your strengths and weaknesses, helping you discover more about yourself. Being grateful focuses you on the positives, creating even more and more positives!

So go ahead and say ‘YES’ to challenges. Say ‘YES’ to success. And remember, if you don’t attempt new things, you’ll never know what you are capable of... and if you never ask, the answer is always “no.”

We hope you’ll use these affirmations to help you stay focused on the positive, to say “YES” to success, and to create amazing things in your life!

Motivation and Positive Thinking



- I feel motivated and am moving in the direction of my dreams.
- I have unlimited creativity, drive and motivation.
- I am motivated to continue pursuing my goals.
- New opportunities show up daily and I am motivated to take action towards those opportunities.
- I feel alive, energized and motivated to take on any task in front of me.
- I am continually motivated and share that motivation with others.
- Motivation comes easily to me.
- Staying motivated is easy to me.
- Because of my motivation, I achieve and exceed at all that I do.

- I am so motivated that others get motivated just by being around me.
- I attract those that help me reach my goals.
- I am motivated and live my life to the fullest.
- My life is full of purpose and motivation.
- I have unlimited energy and motivation.
- I am happy and motivated when I achieve my goals.
- I am easily motivated.
- I easily stay motivated toward my dreams.
- I stay motivated and energized when working toward my goals.
- I wake up motivated and ready to face the day.
- I am confident in what I do and that keeps me motivated.
- I welcome positive energy and I use that feeling to accomplish more.
- I use my energy to live my life to the fullest.
- No matter what I'm working on, I'm always committed to completing my goal.
- I trust my thought processes. I am clear and very capable.
- I find my own intrinsic motivator.
- No matter how hard I may fall, I get back up, dust myself off, and go on.
- No matter the challenge, I see it through.
- I enjoy being responsible for my actions.
- My life is full of purpose and exciting change.
- I am highly motivated to exercise my body because I find exercise to be fun.
- I create health by expressing love, understanding and compassion.
- I am healthy and happy.
- All my actions support my dreams.
- Every action I take increases my motivation.
- Every action I take motivates me more.
- Every day I am more and more motivated to work on creating my dreams.
- Every day I am motivated to take one more step toward my goal.
- Every day I create my dreams.

- Every moment of every day I am more and more motivated.
- Every positive action I take accelerates my progress.
- Every positive action I take leads to greater and greater accomplishments.
- Every task I do is a step closer to my dream.
- Everything I do brings my goals nearer my grasp.
- Focusing on my goals helps to supercharge my motivation to succeed.
- Having an action plan helps keep me motivated and on track.
- I act purposefully and make things happen.
- I always do everything I need to do, as and when it needs doing.
- I always know what needs to be done, and get to doing it right away.
- I always reward myself for a job well done.
- I always take action when needed.
- Fear is only a feeling; it cannot hold me back.
- Today I am willing to fail in order to succeed.
- I believe that I have the strength to make my dreams come true.
- I'm going to relax and have fun with this, no matter what the outcome may be.
- I'm proud of myself for even daring to try; many people won't even do that!
- Today I put my full trust in my inner guidance.
- I grow in strength with every forward step I take.
- I release my hesitation and make room for victory!
- With a solid plan and a belief in myself, there's nothing I can't do.
- I welcome positive energy and I use that feeling to accomplish more.
- I use my energy to live my life to the fullest.
- No matter what I'm working on, I'm always committed to completing my goal.
- I am at peace with myself.
- I accept myself.
- My self-esteem grows stronger daily.
- I love the real me.
- I'm happy being who I am.

- All I have to be is me.
- My life is meaningful.
- My life is important.
- I now make good use of my life.
- I am now the best me I can be.
- I don't have to be perfect; I just choose to be perfectly me.
- I now recognize my talents and skills.
- I feel good about myself.
- I feel better each moment.
- I'm happy being me.
- The more I accept and love myself, the more I can accept and love others.
- I now control my thoughts.
- I now control my feelings.
- I build a storehouse of positive energy.
- I think positive thoughts.
- I am in charge of my mind.
- I am in charge of my life.
- I choose to be positive.
- I am positive.
- I have great potential and I'm using it.
- Every day life gets better & better.
- I expect good things to happen.
- I see something positive in all situations.
- I turn negatives into positives.
- I am totally positive.
- I am sure of my ability to do what is necessary to improve my life.
- I am worthy.
- I take risks and try new things without fear.
- I feel good about the way I do my job.

- I have compassion for myself and the way my life has developed.
- I am deserving of all the good things in life.
- I am glowing with health and wholeness.
- I behave in ways that promote my health more every day.
- I deserve to be in perfect health.
- Wealth is pouring into my life.
- I am sailing on the river of wealth.
- I am getting wealthier each day.
- My body is healthy and functioning in a very good way.
- I have a lot of energy.
- I study and comprehend fast.
- My mind is calm.
- I am calm and relaxed in every situation.
- My thoughts are under my control.
- I radiate love and happiness.
- I am surrounded by love.
- I have the perfect job for me.
- I am living in the house of my dreams.
- I have a wonderful and satisfying job.
- I have the means to travel abroad, whenever I want to.
- I am successful in whatever I do.
- Everything is better every day.
- I can choose my thoughts at any time.
- I enjoy releasing limiting beliefs.
- I feel full of energy to accomplish my dreams.
- I successfully meet all the challenges I encounter.
- My body is perfect the way it is.
- I am always loved.
- I take care of my needs.

- I enjoy living my life.
- I create my own reality.
- I always have access to internal peace.
- I have all the resources I need at any given time.
- I am grateful for my good health.
- I am supported by loving people.
- I radiate compassion.
- I treat myself with respect.
- I am open to abundance.
- I am grateful for the blessings I receive daily.
- I love nutritious healthy food, and I enjoy eating fresh fruits and vegetables.
- I am healthy since my practices are healthy.
- I let go of the past so I can create health now.

Chapter 2:
Healthy Living and Healthy Weight



- I am healthy and whole.
- I listen to my body's messages with love.
- I am perfectly healthy in body, mind and spirit.
- I am well, I am whole, and I am strong and healthy.
- I am healthy, and full of energy and vitality.
- All the cells of my body are daily bathed in the perfection of my divine being.
- I am healthy, happy and radiant.
- I radiate good health.
- My body is a safe and pleasurable place for me to be.
- My sleep is relaxed and refreshing.
- I have all the energy I need to accomplish my goals and to fulfill my desires.
- Creator's love heals me and makes me whole.
- My body is healed, restored and filled with energy.
- I have the power to control my health.

- I am in control of my health and wellness.
- I have abundant energy, vitality and well-being.
- I am healthy in all aspects of my being.
- I do not fear being unhealthy because I know that I control my own body.
- I am always able to maintain my ideal weight.
- I am filled with energy to do all the daily activities in my life.
- My mind is at peace.
- I love and care for my body and it cares for me.
- I am perfectly healthy in body, mind and spirit.
- I am glowing with health and wholeness.
- I behave in ways that promote my health more every day.
- I deserve perfect health.
- I love nutritious healthy food, and I enjoy eating fresh fruits and vegetables.
- I am healthy since my practices are healthy.
- I let go of the past so I can create health now.
- I create health by expressing love, understanding and compassion.
- I am healthy in every way.
- Every cell in my body vibrates with energy and health.
- I nourish my mind, body and soul.
- My body heals quickly and easily.
- I am in control of my health and wellness.
- I have abundant energy, vitality and well-being.
- I am healthy in all aspects of my being.
- I am always able to maintain my ideal weight.
- I am filled with energy to do all the daily activities in my life.
- My mind is at peace.
- I love and care for my body and it cares for me.
- My body is healthy, energized, and perfect in every way.
- I am healthy, whole and complete.
- The vibrant wellness in my body increases every day.

- I am perfectly healthy in body, mind and spirit.
- I am well, I am whole, and I am strong.
- I am healthy, and full of energy.
- My entire body functions perfectly.
- I radiate good health.
- I sleep soundly and peacefully.
- I have a healthy heart and a strong set of lungs.
- I am in control of my health and wellness.
- Healthy living ideas flow to me easily.
- God gave me a healthy body and in gratitude, I take care good of myself.
- I always contribute in healthy ways to my body.
- I AM living a long and healthy life.
- I eat healthy, nutritious and digestible food every day.
- I drink large amounts of thirst quenching water every day.
- I have a healthy spirit, mind and body.
- I have a healthy heart and a strong set of lungs.
- My strong body has fully recovered and healed.
- I am awesome.
- I have balance in my life.
- Every day my mind is filled with positive thoughts creating a beautiful life for me.
- I am beautiful.
- The choice is within me.
- I have the choice to change.
- I always have choices!
- I am committed to excellence in everything I do.
- I am an excellent person.
- I seek excellence.
- I lose weight as I exercise
- I am healthy.

- I have vitality.
- I lose weight as I eat right.
- I know that my healing is already in progress.
- Every cell in my body vibrates with energy and health.
- I am healthy, healed and whole.
- I choose health.
- I naturally make choices that are good for me, I take loving care of my body and my body responds with health, an abundance of energy and a wonderful feeling of well-being.
- My body heals quickly and easily.
- I am healthy.
- I am a healthy person.
- I am well.
- All the systems of my body function perfectly.
- I never get sick.
- I am healthy, happy and radiant.
- I radiate good health.
- My mind is at peace.
- Every day, in every way, I am better and better.
- I am healthy and happy.
- I love and care for my body and it cares for me
- I am healthy and have healing in my life and bless myself with Love.
- I love and bless my body as a physical manifestation of my soul.
- I love and approve of myself and my body.
- I am healed of ___ and bless myself with Love.
- My whole body, mind and soul are one and I listen to my body's messages.
- I listen to my body's message with gratefulness and love.
- I move to a new reality of health and healing in my life and bless myself with love.
- I am my perfect body; I am my perfect weight.

- I live a healthy and balanced life.
- I always contribute in healthy ways to my body.
- I am vitality.
- I am in excellent health.
- All my organs and systems are functioning properly.
- I am healthy, relaxed, and free of pain and disease.
- I love myself, and I deserve to feel healthy and alive.
- I approve of myself, and I'm safe to be who I am.
- Every day in every way, I am getting better and better.
- I am in the flow of life, and I am grateful for the gift of being alive.
- My life is my own and I easily resolve my conflicts

Chapter 3: Millionaire Mindset and Financial Freedom



- I am successful in everything I do.
- I joyfully receive wealth and abundance in my life.
- I create money in my life.
- It is great to have money!
- I am a rich person.
- I love the energy of money.
- Money enhances my positive power.
- I love life.
- I am a loving person.
- I am successful and I love it.
- My life is a success-story.
- I am a beautiful, loveable human being.
- I am successful in everything I do.
- I am willing and daring to go all the way.
- I reach my goals, joyfully and easily.

- I always reach my goals in one way or another.
- I love all beings on this planet.
- I am so happy to be alive.
- I create riches to share with the whole world, because it is my joy to share.
- I am always learning more about money, smart planning and investing.
- Just because I might have debt, does not make me a bad person.
- No matter how much money I have, I make positive choices about what I do with it.
- I learn to take intelligent risks. I'm confident that sensible risk taking will help me build my financial future.
- I make the time to take charge of my money.
- It's not a bit selfish to take good care of myself financially. It's self-respecting and self-caring, and ultimately makes my relationship with others richer and more satisfying.
- My loved ones enjoy, respect, and appreciate my financial knowledge, power, and success.
- I enjoy earning.
- I deserve to be wealthy.
- My job/business is one of the pipelines through which I tap the infinite wealth of the universe for my own desires.
- My personal connection to Infinite Being and Infinite Intelligence is enough to yield a huge personal fortune.
- People enjoy paying me for what I enjoy doing the most.
- Life always holds out as much goodness as I am willing to accept.
- I enjoy creating value for the people that give me money.
- I give myself permission to become wealthy.
- Each year, my money increases faster than I spend it.
- It takes less effort to be wealthy than it does to keep out of the universal supply.
- Life rewards me with abundance.
- I deserve to be wealthy, rich, prosperous and affluent.

- I enjoy expressing my abundance.
- I spend money wisely.
- I always have more money than I need.
- I bless all my bills with love.
- I pay all my bills on time easily.
- I enjoy spending.
- Every dollar I spend comes back multiplied.
- The more willing I am to enrich others; the more willing others are to enrich me.
- I now have a positive personal cash flow.
- I am worthy of having money in the bank.
- I am financially independent and solvent.
- I enjoy saving.
- A part of all that I earn is mine to keep.
- My income increases every day whether I am working, sleeping or playing.
- All my investments are profitable.
- I don't have to work to get money.
- People love to give me money!
- I am rich and wonderful.
- I am now earning a great big income doing what satisfies me.
- Something wonderful is happening to me today-I can feel it!
- All my bills are paid up in full and I still have all this money.
- All my clients praise me and pay me!
- I am a money magnet!
- Money comes to me easily and effortlessly, waking and sleeping.
- I walk, talk, look, act, think and am rich!
- I am a winner-I win often, and I win big!
- I now receive large sums of money, just for being me!
- My income is constantly increasing.
- Abundance surrounds me.

- I release all feelings of lack and limitation and gratefully accept blessings of joy and abundance.
- I am open to receiving the abundance of the Universe.
- I choose to be positively abundant in all areas of my life.
- I recognize and embrace my ability to manifest my desires.
- The universe naturally and freely provides for all my needs including those of my children.
- I expect and welcome good fortune abundantly at every moment of my life.
- I have unlimited abundance.
- Money comes to me easily and effortlessly.
- My prosperity is unlimited.
- I expect and embrace abundance every day.
- I am passionate about building wealth.
- I deserve and welcome financial abundance in my life now.
- I create abundant wealth easily and effortlessly.
- I am financially secure.
- I am healthy and wealthy.
- I allow myself to prosper abundantly.
- I open myself to receive the abundance of the Universe.
- I have a financially stable future for myself and my family.
- I value my money.
- I am worthy of and open to receiving abundance.
- I am the source of my abundance.
- I am a powerful money magnet.
- I am receiving \$xxx of unexpected income.
- I love money.
- I am abundantly wealthy now.
- I am grateful and happy for all that I have and all that I receive.
- I am prosperous; I have everything I need for a joyous, abundant life right now.
- I effortlessly allow abundance in all areas of my life

- Money is forever circulating in my life and there is always a surplus.
- Wealth is an effortless result of my prosperity consciousness.
- Everyday my bank balance is more than that of the previous day.
- I let go of all internal struggle to earn more money
- Through the power of my subconscious mind, I effortlessly attract all the wealth I need and desire.
- Being wealthy is my inherent right and I claim it now.
- Today is a delightful day. Money comes to me in expected and unexpected ways.
- The money that comes to me today is a pleasure to handle. I save some and spend some.
- Money is a state of consciousness that supports me. I allow prosperity to enter my life on a higher level than ever before.
- I move from poverty thinking to prosperity thinking, and my finances reflect this change.
- I delight in the financial security that is a constant in my life.
- I give my financial burdens to God. I let go of fear.
- I know how to make money.
- Money flows easily to me.
- Money-making opportunities are all around me.
- I always find a way to finance what I want to do or have.
- There is limitless supply and it is mine.
- I always have an abundance of money to meet all of my needs.
- I am financially secure.
- This is a rich universe and there is plenty for all of us.
- I have everything I need or want.
- I am wealthy.
- I allow myself to prosper.
- I deserve to be wealthy.
- I deserve to live in luxury.
- I am worthy of abundance.

- I have more than I need in every area of my life.
- I am open to receiving the abundance of the universe.
- I love money.
- I love having money.
- Money is positive energy.
- I enjoy a steady flow of positive energy.
- I have plenty of time and money.
- I think big! I choose to serve a massive amount of people.
- I give myself permission to be financially aware.
- I give myself permission to change my relationship with money.
- I see opportunities all around me.
- I love spending money on my favorite causes.
- All of my debts are paid in full.
- I always pay my bills on time.
- I now have X amount of dollars in my checking account.
- I now have X amount of dollars in my savings account.
- I allow myself to make X amount of dollars or more each week.
- I am now creating multiple streams of income.
- I am now in the process of receiving \$X dollars per month.
- I deserve to be wealthy because I create my wealth.
- I am now in the process of receiving work that is emotionally, physically, and financially rewarding for me.
- Opportunities flow to me with ease.
- I prosper wherever I turn and I know that I deserve prosperity of all kinds
- The more grateful I am, the more reasons I find to be grateful
- I pay my bills with love as I know abundance flows freely through me.
- I am now open to receive.
- Life is easy; I have an abundance of whatever I need.
- I now have surplus, all my needs are met.
- I have unlimited abundance.

- I now give and receive freely.
- This is a rich universe and there is plenty for all of us.
- I now live in a rich and loving universe.
- Money comes to me easily and effortlessly.
- I am always supplied with whatever I need.
- I look for and receive a bountiful supply.
- My greatest good is coming to me NOW.
- I am a success in all that I do.
- Everything I touch returns riches to me.
- My work is always recognized positively.
- I respect my abilities and always work to my full potential.
- I am constantly adding to my income.
- I always spend money wisely.
- I always have enough money for all that I need.
- I am rewarded for all the work I do.
- I am now wealthy.
- I deserve to be wealthy.
- I am now a financial genius.
- I now earn, save, spend, and invest my money wisely.
- My wealth is increasing massively every day.
- My money is now creating more money.
- My outstanding ideas, energy, and passion are now creating new wealth for me and others around me.
- Every dollar I spend returns to me massively multiplied.
- I manage my money effectively with precision.
- I now have all the money that I want and need.
- I now give away large amounts of wealth wisely and intelligently.
- Every thought I have is now being transformed into massive financial abundance for me.
- I create all of the wealth that I want and need.

- The more of my wealth that I give away wisely, the more my personal wealth explodes.
- Through my power of intention, I effortlessly attract all the wealth I need and desire.
- I habitually give more than I get. I cheerfully go the extra mile in every task I undertake.
- I am now accumulating vast amounts of wealth consistent with my integrity and honesty.
- I respectfully accept the gifts of others with the knowledge that these gifts were intended to gratify the giver more than the receiver.
- I am now receptive to unexpected gifts of wealth.
- I am a gracious giver and receiver.
- When I think wealthy thoughts, I become wealthier in all aspects of my life.
- My wealth is now multiplying and creating more wealth easily and effortlessly.
- My financial abundance is expanding 24 hours a day, even when I am playing, eating, and sleeping.
- I am now surrounded by an ocean of wealth and I draw from this ocean all I need.
- My job/business is my personal pipeline from which I tap the infinite wealth from my world economy for my personal desires.
- Money is forever circulating in my life and there is always a surplus.
- I have a responsibility to accumulate vast sums of wealth through useful service to others and to give it back to society through gifts that benefit the entire community.
- I project wealth and good fortune to each person I meet.
- Large amounts of money are coming to me.
- Money flows to me easily and naturally, just as the waves flow into the shore.
- I deserve great sums of money and use it to help myself and others.
- I am putting more loving energy into my work and this is providing me with a larger and larger income.

- The more money I have the more money I have to give.
- My financial worth increases every day regardless of what I do.
- I am learning and growing every day which makes me more valuable to the world.
- Money is always circulating freely in my life and there is always a surplus.
- Every dollar I spend circulates, enriches the economy and comes back to me multiplied.
- I see money as a useful tool.

Chapter 4:
Inner Peace



- I am in full control of my thoughts and emotions.
- I am connected to the source energy which provides me divine well being, infinite abundance and faith in my abilities to attract and create positive outcome in any situation.
- I am optimistic and I have great attitude towards everything.
- I feel a great sense of happiness, security and well-bring in my life.
- I feel grateful and lucky for all the abundance that flows into my life.
- I accept myself with complete love and appreciation.
- I feel divine well-being, happiness and appreciation.
- I am optimistic and I believe in abundance.
- I feel a divine sense of well being, an abundance of positive energy and an absolute faith in my purpose.
- I feel confident and assured of myself and my purpose.
- I am a channel of peace and well-being.
- I am secure now.

- I am peaceful and calm in any situation.
- People feel peaceful, comfortable and good around me.
- I am filled and surrounded with the positive energy of peace, calm, and well being.
- I am always expressing myself from my peaceful and unconditionally loving heart in all that I think, speak, and do.
- I am always expressing and encouraging peace in all my interactions with others.
- I give and receive the positive energy of peace and love gracefully and easily.
- People naturally feel at peace around me.
- Peaceful energy is always radiating within and around me.
- I experience a tremendous sense of peace, calm, well being, and love with every breathe I take.
- My need for peace within myself is abundantly met.
- I am at peace within myself.
- I am always centered in the peaceful loving energy of my heart.
- The peaceful energy within me radiates out and around the world wherever it is needed.
- I recognize and encourage the peaceful nature of others.
- I see a peaceful resolution wherever conflict exists in the world.
- I recognize the world is filled with Divine Beings having a human experience, and their natural way of being is peace and love.
- Peace in the world is growing day by day.
- The positive energy of peace is expanding within and around the people of the world.
- The people of the world are at peace within themselves.
- People around the world are awakening and recognizing their peaceful loving nature.
- The opportunity for peace is always present all around the world.
- I am poised and secure in God's presence, and my heart is serene.

- God's presence within me is my center of perfect peace. I am confident and calm, knowing that God is with me always.
- I lay aside the battles within my own mind, and grant myself peace.
- I bring peace into moments of chaos.
- My life is for living, not for worry or doubt.
- My life is the eye of the hurricane - an island of calm in a sea of uncertainty.
- All is well, right here, right now.
- Peace begins with a conscious choice.
- Today I embrace simplicity, peace and solace.
- A peaceful heart makes for a peaceful life.
- I trust the Universe to deliver my highest good in every situation.
- By becoming peace, I create peace in every experience.
- I am filled with the light of love, peace and joy.
- Peace comes when I let go of trying to control every tiny detail.
- Where peace dwells, fear cannot.
- Today my mission is to surrender and release.
- The world is a peaceful, loving and enjoyable place to live.
- I choose a peaceful and calm spirit.
- I release my past and live with calm and serenity.
- I AM free to be me and express myself openly.
- I have a peaceful and calming heart and soul.
- Everyone around me is at peace with each other.
- My environment is a garden of peace.
- I rub elbows with peaceful people.
- My work environment is peaceful and quiet.
- I am aware of all of the beauty around me. I embrace my oneness with nature, the seasons, the sky, and all of the colours, smells and textures.
- I take time for spiritual connection in meditation or prayer.
- As I close my eyes and take a deep breath, I inhale uplifting feelings of peace and calm. I exhale and release any tension or stress.

- I embrace love in the present moment, and I let go of fear.
- I choose serenity now, as I allow myself to go within and to connect with the comforting silence of my soul.
- I deserve to relax. As I stop and relax I refresh my mind, my body and my spirit.
- No matter what events occur during my day I remain calm and centred.
- I let go of worry. I enjoy the natural flow of this day; whatever it may bring.
- I make time today for true priorities in my work and in my personal life.
- I offer love and appreciation in small ways to my family today.
- I offer myself a day of nurturing this week. I deserve it!
- Who I am is equally as important as what I do.
- I live and enjoy fully the present moment.
- I radiate peace and love out to others, helping them to be in peace and in love as well.
- I open my heart to receiving love fully today.
- I trust, I listen, and I follow my inner guidance
- I am at peace with myself.
- All my relationships are loving and harmonious.
- I am always in harmony with the Universe.
- I am filled with the Love of the Universal Divine Truth.
- I am at peace with all those around me.
- I am at peace.
- I have provided a harmonious place for myself and those I love.
- The more honest I am with those around me, the more love is returned to me.
- I express anger in appropriate ways so that peace and harmony are in balance at all times.
- I am at one with my inner child.
- I trust in the process of life.

Chapter 5:
Love and Relationships



- I see myself clearly with the eyes of pure, unconditional love.
- I love what I see.
- My perfect relationship made in heaven is made manifest on earth.
- I am in a joyous, intimate relationship.
- Every day in every way our relationship is better and better.
- I draw love and romance into my life and I accept it now.
- My partner is loyal to me.
- I am irresistible to my perfect partner.
- I radiate pure, unconditional love towards my partner.
- Love is all around me. I feel love everywhere. Joy fills my entire world.
- I was born to learn to love myself more, and to share that love with people around me.
- My partner is the love of my life and we adore each other.
- I rejoice in the love I encounter every day.
- I deserve love, romance, and joy - and all the blessings that life has to offer me.

- Love is all there is!
- Only love is real.
- I radiate pure, unconditional love towards my partner.
- I am safe in all my relationships. I am always treated well.
- Long-lasting, loving relationships brighten my life.
- I am very grateful for all the love in my life. I find it everywhere.
- I am surrounded by love. All is well.
- My heart is open to love. I speak loving words to my spouse.
- I have a wonderful partner, and we are both happy and at peace.
- I come from the loving space of my heart, and I know that love opens new possibilities.
- All difficulties between me and _____ are now healed.
- There is no problem so big or so small, that it cannot be solved with love.
- Deep at the center of my being is an infinite well of love.
- I am in a joyous intimate relationship with a person who truly loves me.
- My relationships are mirrors that show me myself.
- My relationships help me to heal and love myself.
- I am strong, vulnerable, and loving in my relationships.
- I deserve love and sexual pleasure.
- All is well in my relationship.
- I am now ready to accept a happy, fulfilling relationship.
- I am now ready for my relationships to work.
- I love myself and I naturally attract loving relationships into my life.
- I attract exactly the kind of relationship I want.
- I am divinely irresistible to my perfect mate.
- The more I love myself, the more I love _____.
- All of the changes in my relationship and life are positive. I am safe.
- I am open to receiving love and to extending it.
- I always keep a sense of humor about things in my relationship.

- I accept, respect, and enjoy our differences. Differences add interest and variety to my relationships.
- I am full of grace.
- I am receptive.
- I possess great inner-strength.
- I see and focus on our similarities more and more each day.
- How easy it is to create a relationship made in heaven!
- I trust that my relationship is in the safe, protective, loving arms of Spirit.
- Our home is filled with beautiful loving energy.
- Our bedroom is filled with beautiful loving energy.
- Our bed is charged with the energy of love and romance.
- Our chakras are aligned in perfect harmony with Source and between ourselves.
- Love and peace surrounds my partner and I at all times.
- We are surrounded with romantic, loving energy when we are together.
- Our minds function in perfect harmony.
- My partner and I are cosmically compatible souls.
- I am a radiant being, full of vitality, enjoying life to the fullest.
- I am beautiful, and everybody loves me. I am greeted by love wherever I go.
- I am self-assured, calm and confident.
- I love life and life loves me.
- I am a beautiful being of light.
- I look upon God and the Divine within to be the source of my happiness.
- I love myself unconditionally for all my perfections and imperfections.
- My inner light shines brilliantly from within me.
- I am beautiful both on the inside and outside.
- The infinite love of Source is filling me.
- I am acting from my Higher Self.
- I honor who I am.
- I see the world through eyes of love and acceptance. All is well in my world.
- I willingly release any need for struggle or suffering. I deserve all that is good.

- I choose to be at peace with myself.
- I choose to feel good about myself. I am worthy of my own love.
- It does not matter what other people say or do. What matters most is how I choose to react and what I choose to believe about myself.
- I am wonderful, and I feel great. I am grateful.
- The greatest gift I can give myself is unconditional love.
- I love myself exactly as I am. I no longer wait to be perfect in order to love myself.
- I am a creature unlike any other - truly unique and blessed.
- I am irresistibly attractive to my perfect match!
- Life supports me in every possible way.
- I move through life knowing that I am divinely protected and guided.
- I love my life!
- Today is a wonderful day!
- It's a fabulous day for singing a song!
- I have abundance of self-assurance!
- I attract miracles into my life now!
- I deeply and truly love and approve of myself.
- I love who I am.
- I am willing to love everything about myself.
- I trust in love.
- I open my heart to love.
- I forgive myself.
- I acknowledge my own loveliness.
- I am pure, good, and innocent.
- Love is the purpose of my life.
- Love is everywhere.
- I open myself to the healing powers of love.
- I follow the path of the heart.
- The healing power of God's love heals my mind, heart and body.

- It is easy for me to express love and in return, it is easily expressed back to me.
- I AM open to receiving love from the perfect man/woman for me.
- I AM attracting emotionally available partners and friends to my loving and giving spirit.
- Love is attracted to me and I AM attracted to love.
- I AM ready to love again and I welcome love with open arms.
- I clearly see myself in love with the man/woman of my dreams.
- I am surrounded by love and everything is fine.
- My heart is always open and I radiate love.
- All my relationships are long lasting and loving.
- I see everything with loving eyes and I love everything I see.
- In life I always get what I give out and I always give out love.
- I encounter love in all my relationships and I love these encounters.
- I deserve love and I get it in abundance.
- I have attracted the most loving person into my life and life is now full of joy.
- I love myself and everybody else and in return everybody loves me.
- Everywhere I go, I find love. Life is joyous.
- I love and accept myself exactly as I am.
- I am now in an ideal relationship with my perfect partner.
- I love myself completely.
- I am a forgiving and loving person.
- I now express love to all those I meet.
- I radiate love and happiness.
- I give and receive love easily and joyfully.
- People are just waiting to love me, and I allow them.
- I love myself and I am in charge of my own happiness.
- I give and receive love effortlessly.
- I am worthy of great love.
- I breathe in universal love.
- I love myself for who I am.

- I commit to loving and feeling loved all the time.
- I always deserve love.
- I deserve love, success and happiness.
- I attract loving relationships into my life.
- I release the pain of my unpleasant experiences in love.
- I am worthy of love.
- I project love to everyone I meet.
- I radiate love and happiness.
- I love and approve of myself.
- Genuine love comes to me effortlessly.
- I feel loved and loving all the time.
- I bathe in the unconditional love of my Creator
- I deserve to be loved fully and completely.
- I am a radiant being filled with light and love.
- I express love freely.
- I live in expanding waves of love and creativity.
- Divine love is working through me now.
- I radiate love to all persons and places and things.
- I am a radiant being filled with light and love.
- I am a radiating center of divine love.
- Divine love is working through me now.
- Love radiates from me at all times.
- I love myself completely.
- Love comes to me easily and effortlessly.
- I give and receive love easily and joyfully.
- Others love me easily and joyfully.
- I express love freely.
- As I give love, I am instantly supplied with more.
- I radiate love to all persons and places and things.
- People are just waiting to love me, and I allow them.

- I breathe in universal love.
- I attract loving, beautiful people into my life.
- I always deserve love.
- I am attracting loving relationships into my life.
- I project love to everyone I meet.
- I love and approve of myself.
- I am a loving person.
- I accept the love of others.
- I love myself.
- I can show love by my actions.
- I love my co-workers.
- I love my neighbors.
- I love my partner.
- I love my children.
- I am a lovable person.
- I love living.
- It's okay to love myself.
- I love the opportunities in my life.
- The more I love the more I will be loved.
- I love everyone even though I don't always love what they do.
- Love is eternal. I love; therefore I am an eternal being.
- I pray that love will fill the hearts of those around me.
- Love makes me happy. The more I love the happier I am.
- I love therefore I am loveable.
- I show love to all those I meet.
- I am surrounded by love.
- I love and accept myself exactly as I am.
- I know that I deserve love and I accept it now.
- I am a loving, beautiful creative person and this is reflected in my relationships with others.

- Loving myself unconditionally brings healing and an abundance of love into my life.
- The love I give out returns to me multiplied.
- Love flows through my body, shines in my face and radiates out from me in all directions.
- I love myself for who I am.
- I am beautiful inside and out.
- I am special in many unique ways.
- I love every part of me from, the tip of toes to the tips of my hair.
- I am endowed with an amazing body that functions perfectly.
- I love and accept myself and honor every aspect of my physical self that makes me who I am.
- I love all the knowledge I have and all the wisdom that comes to me each moment.
- I am blessed with a mind that comprehends things easily.
- I am a creative being capable of making life joyful and exciting.
- I love the lessons learned from daily experience.
- I am full of ideas to empower others and support them in their journey.
- I am able to communicate knowledge and wisdom to anyone effectively.
- I love and accept myself and honor all the thoughts of who I am.
- I am loving abundance, articulated.
- I love the passion I have for life and unconditional love.
- I am eager to give boundless love to myself in order to lavish boundless love on others.
- I love the talent and skills I possess.
- I am a creator of many amazing ways of expressing love to anyone I meet.
- I am an active participant of making the world a better place for all.
- I love and accept myself and honor all emotions that make me who I am.
- I am loving abundance, illustrated.
- I love the abundant spirit that moves in all of me.

- I am surrounded by a magnificent light that attracts all the best of life.
- I am pure love energy vibrating in the highest and grandest expression of itself.
- I love the divinity that abounds in me and all others surrounding me.
- I am one with every spirit in this universe desiring peace, unity, harmony & joy.
- I am part of the bigger entity of which all love and light dwells.
- I love and accept myself and honor the light inside me that makes up who I am.