

Positive Self-Talk Affirmations

- Today is a winning day for me.
- This is an important day in my life.
- I celebrate today with success.
- I have a positive attitude today.
- I am moving onward and upward today.
- I am concentrating on top priorities.
- Today I am taking control of my life.
- I am thankful for my life as it is today.
- I welcome this day full of opportunities and challenges.
- I have faith, optimism, and perspective.
- I focus on positive thoughts and my body responds.
- I enjoy good health and energy today.
- I celebrate today by looking my best.
- I feel a sense of belonging and a sense of rightness.
- I am full of enthusiasm and vitality.
- I am achieving important goals today.
- I believe in myself.
- I am proud of my accomplishments and goals.
- All is well with me now.
- I give the best in me in everything I do.
- I am warm, open, and understanding.
- I see the best in others.
- I am prepared for success today.
- I am independent and secure in my feelings.
- I find value in all areas of my life.
- I like the person I see in the mirror.
- I am a worthy person aside from my accomplishments.
- I am lovable and capable.
- I have good reasons to be proud of myself.
- I deserve good things in my life.
- I deserve good things from my efforts.
- I have many positive qualities.
- I have many talents and abilities.
- I like life and am glad I am alive.
- I have a winning personality.
- I am fun, friendly, and an encouragement to myself.
- I enjoy smiling and I smile a lot
- I radiate positive, enthusiastic energy.
- I am a joyous person.
- I am a courageous, "can do" person.
- I find value in life and all things in it.
- I have many rich rewarding relationships.
- I radiate a healthy sense of self-esteem.
- I look people in the eyes when we talk.
- My self-worth is linked to my inner values.
- I accept myself just the way I am.
- I accept compliments & value paid by saying thank you.
- I am a good worthwhile human being.
- I alone can change the way I feel about today.
- I give praise and credit to others.
- I am getting a fresh start today.
- I am getting plenty of exercise today.
- I eat nutritious, well-balanced meals.
- I am relaxed, confident and creative.
- I am sensitive and giving to my loved ones.
- My priorities are set and I am sticking to them,
- I keep the commitments I make.
- I am in control of my thoughts and actions.
- I communicate my goals clearly today.
- I listen openly and gain constructive feedback.
- I am really excited about my progress today.
- My thoughts and self-talk are positive and optimistic.
- This is a "can do", "will do" and "get things done" day.
- I would rather be me than anyone else today.
- I treat myself as my best friend.
- I value and honour myself.
- I say only constructive words to myself.
- I like who I am and enjoy being me.
- I treat myself with love and respect.
- I enjoy. a winning relationship with myself.
- I am a great cheerleader to myself.
- Life is richly rewarding to me.
- I take good care of myself.
- I have a great deal of respect for myself.
- I experience daily joy in my life.
- I view criticism as constructive feedback.
- My life is positive and fulfilling.

Write your own personal affirmations here:
