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Affirmations

Positive statements you can speak over your life:

My efforts help me succeed.	I can make a real difference.
My hard work will pay off.	I am grateful for what I can do.
My goals are achievable.	I am confident.
I will practice self-kindness.	I am on the right path for me.
I am thankful for the love in my life.	I will take action and accomplish my goals.
I will find the good in all things.	I am always learning.
I will try new things.	I love myself.
Life is beautiful.	I am powerful.
I believe in myself.	It's OK for me to have fun.
My possibilities are endless.	I am well-rested and full of energy.
I am relaxed and at peace.	I am strong in mind, body, and spirit.
My life is a gift.	Healthy food fuels my body.
Today, I will succeed.	I give myself room to grow.
Each day is filled with joy.	I will not stress over things I cannot control.
I am a loving human being.	It's ok that yesterday felt like a hard day.
I will be present and calm today.	I appreciate my life and find things to be grateful for.
This will not break me.	I let go of what I can't change and do my best with what I can.

Positive statements you can speak over your life that are fueled and grounded in the word of God:

Statement	Biblical reference
God comforts me in all tribulations.	2 Corinthians 1:3-4
I am sufficient in God.	2 Corinthians 3:5
I will not fear evil.	Psalm 23: 4
My voice is heard by God.	Psalm 116:1-2
God is my helper.	Psalm 121: 1-2
God makes me strong.	Psalm 138:3
God rescues me from trouble.	Psalm 138:7
God heals my wounds.	Psalm 147: 3
My soul finds joy in God.	Psalm 35: 9
God is my strength.	Psalm 37: 39
God will tell me what to desire.	Psalm 37: 4
My steps are established by God.	Psalm 40: 2
God is always present in my life.	Psalm 46: 1-2
I am blessed with every spiritual blessing.	Ephesians 1:3
I am complete in God.	Colossians 2:10
I find rest in God.	Hebrews 4: 9