

AFFIRMATIONS TO UPGRADE YOUR LIFE

1. My life is full of magic and serendipity
2. My thoughts and feelings are nourishing
3. I only desire things that are healthy for me
4. I am present in every moment
5. I see beauty in everything
6. People treat me with kindness and respect
7. I am surrounded by peaceful people
8. My environment is calm and supportive
9. I crave new, healthy experiences
10. I see others as good people who are trying their best
11. I find opportunities to be kind and caring everywhere
12. I create a safe and secure space for myself wherever I am
13. I give myself permission to do what is right for me
14. I give myself space to grow and learn
15. I allow myself to be who I am without judgment
16. I listen to my intuition and trust my inner guide
17. I accept my emotions and let them serve their purpose
18. I give myself the care and attention that I deserve