



These affirmations are for use when you feel you need some guidance, focus and reassurance. Simply pick the ones that resonate with you and repeat them as often as you can all day.

All it takes to start changing your experience, is to start changing your thinking and that, in turn changes your beliefs. Any positive affirmation, however small, will help you whenever you need it.

1. I accept peace and well-being in my life
2. I love and accept myself peacefully
3. I am grateful for the abundance that flows constantly into my life
4. I feel, with every breath I take, a sense of peace and love
5. I radiate peace and love to all
6. I exist as an island of calm and peace
7. At this moment all is well
8. I am safe exactly where I am right now
9. I liberate myself from my past and live with peace and serenity
10. I can see and appreciate all the beauty that surrounds me
11. I embrace love while letting go of fear
12. I find peace with the soothing silence of my inner mind
13. I love myself for who I am
14. I am relaxed and calm
15. As soon as I am aware of it, I allow my tension to melt away
16. I am letting go of all my worries and fears
17. I let go of all the things I cannot control
18. I trust in the process of life
19. My mind is slowing down and finding peace
20. Being calm and centred is where I choose to focus
21. I am practicing this feeling of peaceful calm
22. I am breathing slowly and deeply, filling myself with calmness
23. I deserve a peaceful and loving life
24. I am centred and calm

25. My muscles are relaxed
26. My mind is relaxed
27. My thoughts are calming down
28. I am releasing any concerns by breathing slowly and deeply
29. I recognise that challenges bring opportunities
30. I see stressful situations as challenges that I easily overcome
31. I find love and support inside and out
32. I am calm and relaxed in all situations
33. Calmness washes over me with every deep breath I take
34. I am releasing all negative emotions from my body systems
35. I give myself credit every time I do something that makes me happy
36. I am comfortable whenever I have to go out
37. I let go of any defensiveness and choose to fill my world with joy and kindness
38. I lovingly forgive and let go of the past
39. I am thankful and grateful for the good in my life
40. My life is lived, exuberantly, consistently, and creatively, in love
41. All is well in my world
42. Everything is working out for my highest good
43. Out of this situation only good will come. I am safe
44. My loved ones are safe and protected by The Universe in every situation
45. I am safe and all of life loves and supports me now
46. I am safe and secure at all times
47. Everything is working out for my highest good
48. I am safe and protected by The Universe in every situation.
49. I feel safe and secure
50. My emotions, mind, spirit, soul, etheric body and auric body are all entirely safe & protected, now & always, eternally, unconditionally, easily, effortlessly, naturally, magically, supernaturally!!!
51. I focus on clarity and protection several times a day
52. The Universe's love and security infuse my heart
53. Myself and my family are always safe and protected
54. I am safe and protected by Divine forces
55. I feel safe wherever I am
56. My network is strong and inspirational

57. I know that I belong. I know that I am safe

58. I am safe in this world

59. I feel safe and protected

60. I have everything I need. I am safe. I am loved