

Cluff Counseling PLLC

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Affirmations

Positive affirmations are powerful messages we give our brains to help shift long held, self-defeating thought patterns. We cannot expect our body and spirit to move forward in healthy healing if we are not willing to heal our minds first. Below are some examples of positive self-affirmations. Highlight the ones that fit for you, or create your own! When creating your own, keep the affirmations short and positively worded. The affirmations can be about something you believe about yourself and would like to strengthen, or something you would like to believe about yourself.

I have the right to forgive myself.

I have the right to forgive others.

I can make mistakes.

My feelings are important.

I am a worthwhile human being.

I can feel my feelings.

I am strong.

I am resilient.

I am loveable.

I am enough.

I can see stressful situations as challenges.

I can find opportunities in challenges.

I can choose to be positive.

Today has limitless possibilities for me.

I can find balance in my life.

I can find love and support.

I can handle whatever comes.

I can create inner peace.

My intentions are positive.

Today I choose joy.

I can have a good day.

I can make healthy choices.

I deserve to take up space on this earth.

I am doing my best.

I am in charge of my life.

I have options.

I can create positive change.

I am wise.

I can choose.

My happiness comes from within.

I can start healthy habits.

I can stay calm under pressure.

I choose happiness.

I choose healthy relationships.

I can find my happy place.

My relationships strengthen as I keep my boundaries.

I can accept all my feelings and communicate them in healthy ways.

I deserve to be treated with kindness and respect.

I have the right to be myself.

I can express myself honestly and openly.

I can grow and change.

I can be compassionate towards myself.

I am worthy of love and belonging.

I am worthy of life.

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