



POSITIVE AFFIRMATIONS TO ENJOYING YOUR LIFE

I am strong and courageous. I am whole, fully healed and restored from my past. I am walking in my full potential, finding my purpose for my life. I am teachable and embrace change in areas that need changing.

(Joshua 1:7, Joshua 1:5, 2 Corinthians 9:8, Philippians 4:6-9)

I am dealing with the issues of my past. I stop ignoring them and allow God's healing power to flow through me and heal me. I am patient with myself as I prepare for the next level of my life's journey.

(Psalm 30:5, Psalm 3:4, Psalm 38:9)

God is guiding me and sending the right people across my path to aid me. I am always in the right place at the right time, connecting with the right people. I listen for the Holy Spirit's leading and direction for my life. Books, teachings, and encouragement are finding their way to me, giving me the help and answers that I need.

(Isaiah 40:31, Colossians 2:21, Thessalonians 4:11-12)

I purpose to forgive those who have hurt and abused me. I choose to let the feelings of anger and disappointment go, knowing that God will take care of my every need. I am safe in God's healing arms because He is looking after me; I place my complete trust in Him.

(Hebrews 12:2, 2 Timothy 1:12, Psalm 34)

I give all my cares and concerns to Father God, as I know He cares for me. I lay them at His feet and leave them there. I refuse to worry about things I can do nothing about but focus on trusting God.

(Matthew 6:5-32, Philippians 4:6-7, James 1:5-6)

I am in control of my emotions and refuse to let them control me. My feelings about my past are healed. I make the right choices daily regardless of what my emotions are feeling. I refuse to let my feelings rule and dictate to me.

(Philippians 4:13, 1 Peter 5:8-9)

As I become more aware of my speech, I choose to speak correct words. Words that line up with what I want for my life. I refuse to speak negative words that destroy and harm my life. I know that my words will turn my life around, so I choose my words wisely. I only speak words that bring life and hope.

(Matthew 12:35, Proverbs 18:21, 1 Peter 3:10, Psalm 141:3)

I keep my thoughts pure, thinking only about good things that align with God's way of thinking. I refuse to believe negative thoughts that try to lead me into depression. I keep my thoughts peaceful. I do not meditate on the lies of the devil. My thoughts help me create a positive and bless life.

(Isaiah 55:9, Philippians 4:8,13, Romans 12:1-3)

I keep my mind in control and do not let it wander off on negative thoughts. I always meditate on God's Word. I refuse to entertain troubling thoughts. I focus my mind on the goodness of God and all that He has done and is currently doing for me.

(Isaiah 41:10, Philippians 4:7, Hebrews 4:12-13)

I am so grateful to be a child of God. I am grateful that my heavenly Father loves me and has a perfect plan for my life. I am grateful that good things are happening to me all the time. God is working behind the scenes on my behalf, causing all things to work out for my good and His glory.

(James 1:13, Galatians 6:9, Psalm 33:18)

I treat myself with honour and respect, as I am a child of God. I am kind to myself and do not talk down to myself. I speak words of kindness and hope, words that build me up and cheer me on. I honour the life that God has given me by looking after myself. I am grateful that I am fearfully and wonderfully made.

(Psalm 139:14, Psalm 103:5)

I read my Bible, pray, and build my faith up daily. I am victorious in my Christian walk because I have Godly habits and routines in place that motivate and help me. I focus on my Godly habits and routines to keep me strong and successful as a Christian. I know that my habits will create the life that I want.

(Psalm 110:10, Proverbs 1:5, Proverbs 3:5-7)

I enjoy my life; I am grateful that God leads me daily and showing me things I need to know. I am discovering my passion and purpose for my life as I diligently seek God's face daily. I am walking the paths that God has set out for me. I am walking in His strength and His wisdom.

(Matthew 11:28-30, Proverbs 4:20-24, Galatians 5:25)