

**Use the following list of affirmations to repeat or as a guide to creating your own personal affirmations.**

1. I am always in the right place at the right time.
2. I have the power to change my thoughts in a second.
3. I am the architect of my life.
4. I am enough.
5. I have the power to create change.
6. I let go of all that no longer serves me.
7. I am thankful for all that I have.
8. I have unlimited potential
9. I am creating natural flow and abundance in my life in every way.
10. My body, mind and spirit is healthy, brilliant and peaceful.
11. I radiate beauty, charm and grace.
12. I celebrate each goal I accomplish with joy and gratitude.
13. I trust my inner wisdom and intuition always.
14. I have all that I need at all times.
15. I create wonderful opportunities for me today.
16. I am totally in alignment with life.
17. My life is perfectly balanced between work and play.
18. All is well in my world.
19. I am grateful for my healthy body
20. Every experience I have is a perfect opportunity for me to learn and grow.