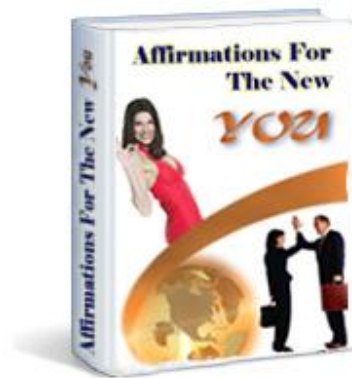


Affirmations for the



New YOU

To compliment and build on the motivation, and self development contained within the "Power of Positive Habits" we bring to you a comprehensive list of affirmations designed to empower you in different ways.

Throughout the rest of this guide we will provide you with categorized affirmations that can be used to recite to yourself and build that confidence, determination and self belief.

By simply reciting these affirmations to yourself whilst idly driving to work, in the shower, in the lead up to an important event and so on you will gradually instill that courage, belief and removal of doubt to be called on when you need it the most.

So whether you want to develop your emotional response and strength to getting the excitement, drive and passion for leadership, health or success you will find some powerful statements below that will change you for the better.

Imagine a new you with new found positive interests, determination and inner strength. Accomplishing new goals, climbing higher pinnacles and getting the most out of life.

The following affirmations are provided thanks to '**Subliminal PC**' the software that uses technology to **DELIVER** messages to your **SUBCONSCIOUS**, by using Subliminal Programming.

This great software delivers the below affirmations, plus individual messages that **YOU** can **CREATE** yourself to your subconscious mind all while you work or play on your PC.

You **DON'T** even **NOTICE** it running in the background, and it's easy to use. It makes the most of the time you use your computer by imprinting positive habits and beliefs while conquering and removing doubts.

The software gives you control over your subconscious the part of your mind that influences your willpower and instinct, as well as giving you those negative gut feelings.

To find out more about this amazing software visit [www.subliminalpc.com](http://www.subliminalpc.com).



# Emotional

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## ***Emotional Control and confidence***

I express my feeling respectfully  
I express my individuality  
I accept my feelings as a natural part of myself  
I am gentle with myself  
I choose that which I enjoy  
I listen to my feelings  
I take action when something is important to me  
I back myself and am emotionally sound.

## ***Self respect affirmations***

I love myself  
I love myself without any reservations  
I accept myself  
I feel respected by other people  
I respect myself  
I am in balance  
I am a winner  
I am co-operative  
I make a good impression.  
I trust myself

## ***Releasing emotional angst***

I give up my jealousy  
I cope with stress well  
I love myself  
I accept responsibility for my life  
I enjoy laughter  
I have strength and resolve to overcome hardship  
I can release my attachment to pain.  
I see in perspective



# Lifestyle

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## ***Ideal life***

I give and receive love easily and effortlessly.  
I now image only loving and positive picture in my mind.  
I am independent and divinely guided in all I do.  
I look only to God for my good.  
I now create the life I desire.  
I let fears go and focus on my God self for Love and Joy.  
I am now attracting love and joyful experiences in my life.

## ***Change of habits affirmations***

I am in control of my body  
I have control of .....  
I believe I can quit .....  
I feel motivated to stop ....  
I am happy without .....  
I can release myself from ....  
My body feels well without ....  
I dare to disappoint others.

## ***Content with life***

I am now open to receive.  
Life is easy, I have an abundance of whatever I need.  
I now have surplus, all my needs are being met  
I am open and energized.  
I now give and receive freely.  
This is a rich universe and there is plenty for all of us.  
I now live in a rich and loving universe.  
I am always supplied with whatever I need.  
I move forward with an expectancy of my greatest good.  
I look for and receive a bountiful supply.  
My greatest good is coming to me NOW!.

## ***Control your dreams***

I am aware of my dreams.  
I enter my dreams lucidly.  
I have the power to change my dreams.  
I have the ability to generate dreams.  
The dream state can be conscious.  
I am aware during my dreams.  
My mind alerts me to dreams.  
I remain within the dream in an alert state.  
My consciousness expands.  
It is like being awake while dreaming.  
I enjoy lucid dreaming.  
I monitor my dreams.

I record my dreams.  
I keep a journal of my dreams.

***Go with the flow***

I am at peace in this moment..  
I am fully aware of being here now, in this moment..  
I savor this moment as the unique experience that it is..  
If my awareness wonders, I bring it back to the present moment..  
I am at peace in this moment..  
I am now fully present in this moment.



# Mental

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## ***Coping with Stress and Burden***

I put my worries in perspective  
I accept reality  
I keep a positive attitude  
I can change  
I live in the present moment  
I can close my eyes and relax at will.  
I live in the present moment.

## ***Having a positive mindset***

I now see opportunities in all situations.  
I feel better about myself everyday.  
I embrace the new.  
I welcome challenges with confidence.  
I now let go of all negativity.  
I let go of all negative thinking.  
I look forward to this day with a positive expectancy.  
I think only those thoughts that will enhance my life.  
I now detach from negative and unproductive thinking.

## ***Heightened awareness, senses***

I open up. I trust my senses.  
I trust my impressions.  
My hearing expands.  
My sight sees inter-dimensionally.  
I feel. My feeling expands.

## ***Mental preparation in accepting a challenge***

I know! I can achieve my hearts desire.  
I choose what I want and go after it  
I accomplish my goals  
I plan for my future  
I encourage myself  
I look for solutions  
I am creative  
I always succeed!  
My confidence is growing daily.  
I am capable and I always find a solution.  
I am confident that I can succeed, I am divinely guided.  
I am always in the right place and the right time.  
I now believe in myself.

***Mental reassurance***

I am worthwhile  
I am a friend to my self  
I am centered and balanced  
I am open-minded  
I learn from my mistakes  
I expect the best and It come to me.  
I am capable and I always find a solution.  
I am worthy of the best life has to offer.

***Relaxation and tranquility affirmations***

I am safe and secure  
I am calm  
I am relaxed  
I have enough time  
I am peaceful inside myself  
I take it easy  
I feel an inner peace and quietness  
I have full control of myself.

***Willing to learn affirmations***

I have confidence in my learning ability  
I have success in ....  
I learn easily and effortlessly  
I remember well what I see and hear  
Other people respect my learning process  
I choose to take criticism positively  
I dare to express my opinion with other people present  
I manage examinations and exams very well  
I can express my feelings with words



# Physical

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## ***Overcoming physical illnesses***

I care for myself when I am sick  
I am getting better every day  
I am healing old wounds  
I will relax and let my body fight.  
My body heals day by day  
My body wants to heal  
I choose foods rich in vitamins and minerals  
I am ridding my body of toxins.  
I sleep easily and conserve energy.

## ***Physical fitness, exercise and motivation***

I choose to be healthy  
I exercise regularly  
I now live a healthy lifestyle and exercise daily.  
I enjoy a higher cardio capacity.  
I enjoy oxygen filling my lungs.  
I enjoy working my muscles.  
My muscles need to be worked.  
My body strengthens with an exercise routine.  
I am always seeking to improve my fitness and strength.  
I live longer if I seek health.  
It is invigorating exercising outdoors.  
I stretch to be flexible and relaxed.  
I enjoy being outdoor in the fresh air  
My body likes physical challenges  
I like physical exercise and recreation  
I feel strong and fit  
I feel light and in a good mood

## ***Physical Indulgence and winding down***

I play and have fun  
I pace myself  
I relax and slow down  
I rest when I am tired  
I do what I enjoy, not what others enjoy.  
I deserve time to myself.  
My body has rights over me.  
My body is a vessel I take care of.  
I only have one body.  
I shut off stress in my private time.

## ***Physical well-being, reassurance and confidence***

My body is capable of many thing.  
The human body is perfect.

I am strong and healthy  
I nourish myself  
I love and care for my body  
I love and accept my body completely.  
I feel okay with my body  
I can make myself attractive  
My body has the power to draw others to me.  
The opposite sex is attracted to me.  
Physiology of the opposite sex attracts them to me.

### ***Serious Illness Affirmations***

I want to live  
I want to be healthy  
I believe I will be in good health  
Others are confident that I will be healthy  
I am responsible for my own body  
I am stronger than my illness  
I believe in the future  
I forgive other people  
My body and spirit are united in fighting.  
I can contain and expel my illness.  
I only envision the positive outcome.

### ***Sexual Health***

I enjoy sensual pleasures  
I accept and affirm my sexuality  
I transmit sexual and loving energy  
I am now ready for sexual a relationship  
I demand, crave and deserve sexual attention.  
I am ready to receive sexual fulfillment.  
I respect my body's sexual needs.  
I am aroused by sensual touch.  
I enjoy sexually satisfying my partner.  
Sexual satisfaction is mine.  
Sex is healthy for my body and mind.  
Physiology of the opposite sex attracts them to me.

### ***Strengthening and Building Muscle Mass***

I am ready to put in the effort.  
I challenge my muscles.  
I feel my muscles responding to stress.  
Pain is a state of mind.  
I relish working into the discomfort zone.  
I lift challenging weight.  
My muscles are stimulated with every repetition.  
I feed my body protein and nutrients to grow.  
My body tells me when it needs nourishment for growth.  
I want muscle mass.  
I am not intimidated by weights.  
I reset my limits and boost my strength.

***Weight Loss affirmations***

I eat only what my body needs  
I eat smaller portions.  
I am sure my body will find its healthy weight  
I keep my correct weight if I lose some pounds/kilos  
I am strong even if I lose some weight  
I now easily attain my ideal weight.  
I love myself and only eat foods that are good for me.  
I am self-disciplined, and can reach my weight goals.  
I am active and accelerate my metabolism.  
I now eat only those food that are good for me.  
I want the ideal body.  
I work hard for the ideal body.  
I now find it easy to attain my ideal weight.



# Relationships

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## ***Becoming more compassionate***

I allow others the right to be wrong  
I affirm others  
I accept affirmations from others and thank them  
I share hugs with people  
I love myself as well as others.  
I give and receive love.  
I open up to others.  
I project love to everyone I meet today.  
What I put out comes back.

## ***Forging the right relationships***

I seek out people who love and nurture me  
I feel the love of others around me.  
I am now ready for a relationship  
I have a clear image of what I want in a relationship.  
I am attracting loving relationships into my life.  
I now believe that relationships can be joyful and fun.  
My relationships with (\_\_\_\_\_) is blossoming.

## ***Preparing for and seeking love***

I am a radiant being filled with light and love..  
Love is good for me, love is perfect love is what I give and receive...  
I love and accept myself exactly as I am...  
As my self-love increases so does my love for (\_\_\_\_).  
I now express love to all those I meet...  
Divine love is working through me now.  
I deserve love.  
Love is coming to me easily and effortlessly.  
I risk myself in love. I allow myself to be vulnerable.

## ***Relationship confidence, self assurance***

I say "no" when I want to  
I handle conflict and tension with confidence  
I am trustworthy  
I can ask for what I want  
I am a loyal and committed person  
I can ask for help when I need it  
I am confident that I can communicate my needs.



# Spiritual

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## ***Believing in miracles***

Within me is the power.  
The power flows through me.  
I am the power.  
The power was given me.  
The power is mine.  
Miracles are natural.  
There is no degree to miracles.  
I am a miracle.  
Life is a miracle.  
I appreciate the miracle.  
I live in grace.  
I am humble I am that I am.

## ***Bringing the light into your life***

I am a radiant being filled with light and love...  
I am now calling on the light to permeate every cell of my body...  
The light of God is creating miracles in my life here and now...  
I am now calling on the light to be present in my life...  
I am now sending light out into my ideal future...  
I am now calling on the healing properties of light to be present in my body...  
I now call on the light and direct it to my ideal future...  
I am now sending light to \_\_\_\_\_.

## ***General inner Harmony***

I am joyful and peaceful  
I grow and change  
I am true to myself  
I forgive myself  
I welcome each new day  
I nurture my spirit  
I am a part of everybody  
I let go of resentment  
I value myself  
I respond positively to life  
I accept myself completely here and now.  
I now feel inner peace and serenity.

## ***Increasing Spiritual Awareness***

Christ Consciousness fills my mind and being.  
I am connected to the Mind of God.  
We are all One. From the One we all are.  
I am a creation of God.  
God's perfection is who I am.

The All Wise knowing intelligence flows through me.  
I am awakened. I remember, I am enlightened.  
My consciousness expands.  
My being is unlimited and eternal.

***Metaphysical oneness***

I live in oneness.  
I live in balance.  
I live in peace.  
I am in harmony.  
I am Divine Will.  
Divine Will and I are one.  
I am in control.  
I am responsible.  
I can do anything.  
I release all that is not Divine.  
I manifest divinity in all things.  
I express divine thought and action.  
I am one with the Divine.

***Positive loving of man and the divine***

I now join in spirit with all my fellow seekers.  
I move forward in the knowledge that I am one with God  
My connection with my fellow being is growing  
God is guiding me now, I give thanks  
I cherish this moment of joining in light and love  
I am now joined with like-minded souls  
I send love and healing to my soul group  
I receive love and healing from my soul group  
I now ask God for healing  
May all seekers have access to higher vision  
May our leaders have clear vision and wisdom.

***Spiritual connection***

The light of God is guiding me in everything I do..  
I now surrender to the will of God..  
Divine guidance is with me always..  
I now let miracles happen..  
Divine wisdom unfolds within me now..  
I am now filled with the light and love of God...

***Spiritual Relaxation***

I now let go of all tension, I am relaxed.  
I now see life as a wondrous journey.  
I am now at peace with myself and my surroundings.  
I now focus only on thoughts of love and peace.  
I am now emotional at peace with myself.  
I now feel relaxed and at ease in all I do.  
I am now go with the flow, life is easy.  
I am at ease with all those who I meet.



# Other

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## ***Chakra Meditation***

Life energy flows through me.  
I am creative. My energy is creative.  
Life is creative.  
Kundalini energy is creative.  
My root chakra is open.  
My spleen chakra is open.  
My solar plexus chakra is open.  
I love life. I am a gift. I am grateful.  
Good exists in everything.  
I see God's presence in all.  
I am a channel of energy.

## ***Pregnancy and Child Birth***

My mind and body can handle a labor of any kind.  
I will have a strong and healthy baby.  
I trust my body to know how to birth this child.  
I trust my instincts to know what I need in labor.  
I trust my instincts to do what is best for my baby.  
I am a strong and capable woman.  
Only I can give birth to this baby and I accept responsibility for that challenge.  
My baby knows all is well.  
Good strong contractions help my baby come into the world.  
I embrace the concept of healthy pain.  
I slowly breathe up with each surge.  
I am relaxed and happy that my baby is finally coming to me.

## ***Psychic Development***

Today's affirmations are in the area of - Psychic Development:  
I am now developing my sixth sense psychic powers  
I now have a clear and open connection to my higher self.  
I now tune in and trust my intuitive messages.  
My psychic powers are increasing daily.  
I am now open and receptive to telepathic messages.  
I now have easy access to my psychic abilities.  
I listen to and trust my intuition.  
I have a teleportation ability.  
I am clairvoyant.  
I am clairaudiant.  
I am clairsentient.  
I have telekinetic ability.