250 Proven Positive Affirmations!

As I write this, there's 8434 positive affirmations listed on bmindful. How do you know which of these are worthwhile?

You could spend months or even *years* testing them all, or you could jump right in to the tried and true. The 250 most tested affirmations on all of bmindful.

Each affirmation links right to it's profile on bmindful so you can easily add it to your bmindful list of affirmations and start start integrating it into your routine immediately. Don't have a bmindful account? Join now!

If you have any comments or suggestions, please private message me on the <u>bmindful</u> forum and I'll get back to you as soon as I can.

Until then, enjoy the 250 most popular positive affirmations!

Warmest Regards,

Lee Nutter

P.S – after more affirmations? Visit <u>bmindful</u> for over 8000 positive affirmations! Do you use twitter? Follow <u>dlyaffirmations</u> and <u>leenutter</u> for affirmations and related discussion as well as handy tips and tricks on other personal development related topics.

Table of Contents

Wealth and Abundance	3
Health and Beauty	5
Confidence	
Spiritual	
Success	10
.ove	
Tappiness	

Wealth and Abundance

Wealth is pouring into my life.

The riches of the universe come to me effortlessly

I am easily, openly and freely accepting abundance, now!

I am thankful for the limitless, overflowing source of my abundance.

Everything I touch returns riches to me.

I am a money magnet!

I am free of debt

My life is filled with positive abundance. All of my needs are met and more.

I am prosperous

I am prosperous, money flows to me from many sources.

I give generously, and receive graciously

I am flowing on the river of wealth.

I gratefully accept all the wealth and happiness that the Universe pours into me every day

Unexpected income flows to me

I love money and money loves me

All of the money I could ever want is flowing to me now.

In an easy and relaxed manner, in a healthy and positive way, in its own perfect time, for the highest good of all, I intend one million dollars to come into my life and into the lives of everyone who holds this intention.

People love to give me money.

I am a rich treasure ready to be found.

I am now easily and effortlessly attracting unlimited financial prosperity and abundance into every aspect of my life

I always have enough money

Money is coming to me from known and unknown places.

Money is always circulating freely in my life and there is always a surplus

All the money I need is flowing to me

I am financially free

Money is flying to me from all directions

Money now comes to me in abundance in perfect ways

I always find an abundance of things to love about my life, myself, and all those around me.

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Success	18	me	evita	ıbl	le

I see right through appearances and illusions and know that abundance is all mine.

I am debt free

I am constantly adding to my income

Creativity flows through me with abundance

I have more than enough money to fulfill all of my needs and desires

Money is coming to me every day.

Money comes easily and frequently

Health and Beauty

I am fit, healthy and attractive.

I am getting wealthier each day

I am beautiful inside and out

I will lose weight each day.

I take care of myself by eating and sleeping properly

I take deeper, longer, more relaxed breaths

I love and care for my body and it cares for me.

I am beautiful

I am very attractive

I am now relaxed and filled with peace of mind. In my relaxed state, my body repairs and heals itself quickly.

I am beautiful in mind, body and spirit.

I am an early riser, and a deep sleeper!

I am creating healing energy in my life

I am healthy and happy.

I manifest perfect health and strength.

I am ALREADY healed, happy, loving, wealthy, successful, confident, physically and emotionally well

I am maintaining my ideal body weight easily and effortlessly now.

I am in control of my health and wellness.

I appreciate and love my body

I have a lot of energy.

My skin is clear and radiant

I am always able to maintain my ideal weight.

I am healthy in all aspects of my being.

I am an efficient, energetic, healthy, fit woman who can handle anything that arises today

I will devote 15 minutes a day to exercising my body.

I am feeling vibrant and energetic now.

I am enjoying eating healthy and nutritious foods now.

I have the power to control my health.

I love to exercise and feed my body healthy food

I have vibrant health thoughout my mind, body and soul..

I eat healthy and nutritious foods

I am enjoying daily exercise now.

I am active and fit

I take regular exercise

My body is healthy and all of my body organs work perfectly

I am fit and healthy

Every day I get closer to my ideal weight

I eat only to fuel my body when needed

Confidence

I will remain confident and unaffected by negative attitudes around me

I am confident

The Universe supports my every effort

people find me interesting

I am free to be myself.

I command confidence, loyalty, admiration

I am socially skilled

I deserve the very best in my life.

I talk with ease and comfort

I am a powerful person unaffected by the negative words and attitudes of others.

I am fully self confident

I am calm and confident

I act with assurance, confidence and grace

I am comfortable with being me

I am comfortable around other people

I love and accept myself

I am all that I allow myself to be

I am a happy, confident woman

I know what needs to be done

I am important

I speak with confidence and calm assurance

I am confident, competent and calm

My self esteem is growing daily

This is my time, to be free to be me, and have the good things in life, because I'm worth it!

I feel very positive and confident

I love and approve of myself

I am at ease with myself, and I am at ease with other people.

I sizzle with energy and magnetism!

I believe in myself

I can handle all changes that come my way.

I am confident and reserved

Spiritual

I radiate love and happiness.

My possibilities are endless.

I have abundant energy, vitality and well-being.

I gratefully accept all the health, wealth and happiness that the universe pours into me every day.

I attract positive people into my life

I have unlimited potential. Only good lies before me.

I am a lucky, happy, healthy and successful person

I possess an abundance of creativity and energy

I am responsible for my own attitude.

I have the energy and passion to make my thoughts reality

The Universe fulfils my every desire

I am an open channel receiving the abundant energy of a loving Universe.

I am at peace with myself

I am trusting my vision and work to manifest it.

I make conscious, appropriate, and wise decisions

I appreciate my life and everyone in it

My thoughts are under my control.

Today I feel great, I can cope with anything!

I replace negative thoughts with positive thoughts.

Let it go, and rediscover peace of mind

smile often people smile back

I forgive myself

My faith lifts me above my fears

I am contributing something unique and wholesome to society

I treat others as I would like to be treated

positive energy is everywhere

I am divinely guided and protected at all times.

My mind is at peace.

I can keep calm no matter what.

I am open and receptive to all the good and abundance in the universe. Thank you Life.

I will practice meditation every day!

I relax with ease whenever the need arises.

I am a magnificent being with an abundance of power and love to give

I am a positive person unaffected by the negative words and attitudes of others.

I am experiencing joy at the highest vibration every second of my life.

I choose to be positive

I create my experiences by my thoughts and feelings.

I can be creative and ignore the critical voices I hear from myself

I am walking in healing energy where ever I go.

I relax and let go - I go with the flow - I am safe in the hands of God

The higher power of the universe is guiding me through my intuition

I am creating a better world for myself and everyone around me.

I accept peace and joy in all aspects of my life

I am excited to be alive!

Success

My inner vision is always clear and focused.

Today, I will concentrate on taking one step forward, however small

<u>I possess an endless supply of creativity, energy and tolerance for any project that I assume.</u>

I have everything I need right now to accomplish everything I want.

I can accomplish anything I set my mind on

I am a success in all that I do.

At every turn, opportunity appears before me.

I am persistent in reaching my goals

I focus my power. I change my life.

I am filled with energy to do all the daily activities in my life.

I will make effective use of my time today

I possess an endless supply of creativity.

I can do this

I am a creative genius

Beyond positive thinking is positive believing.

Everything I put my hand to prospers and succeeds

I am a positive resource and people want to do business with me

Success comes easily to me

I am successful in whatever I do

My mind can achieve anything it can imagine

I can accomplish anything I set my mind to.

All of my dreams are coming true

My work is deeply fulfilling.

I have everything I need, right now, to achieve everything I want.

I am enthusiastic about all of my projects

I can succeed

Every task I do is worthwhile and is part of a bigger plan

Either I find a way, or I will make one.

No problem is too great, no success too small

Every day, I make at least one step that takes me closer to my goals.

Everything I touch is a success

I have all of the money, time, talent and energy to accomplish all that I desire.

My life flows effortlessly as doors of opportunity open to me everywhere in every aspect of my life.

I see every opportunity that comes my way

I am dynamic and full of energy and passionate about what I do

I am creating an abundance of clients in my life

I will persist until I succeed

I am always expecting the best for myself

I will press on until the goal is reached.

I achieve my goals

I am achieving all of my dreams

I am fully focused and present in my interactions.

I never give up

My prosperity contributes to the prosperity of others

I am motivated

I am proactive

I am capable of creating and maintaining a great life, and I'm worthy of the effort.

I am positive in all situations

I will concentrate on my key priority today.

I have enthusiasm, passion and perseverance.

I make things happen.

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I am worthy of love.

I love myself for who I am.

I deserve love, success and happiness

Love, health and wealth flows abundantly into my life

I am surrounded with loving, caring people in my life.

I love myself and I am in charge of my own happiness

I am worthy of great love

I will create a home full of joy and peace.

The more I love, the more that love is returned to me.

I am grateful for each experience in my life

I am a forgiving and loving person.

I am treating those I love the most with love and respect

I am worthy of great love and I deserve to be loved fully and completely.

I deserve to be loved fully and completely

I am in love with a man who is in love with me

I am loving and accepting of others and this creates lasting frienships for me.

I am loved, cherished and desired.

My relationship is filled with love, passion, understanding and fun

I am cherishing all of my feelings and releasing what doesn't serve

I atract the perfect man who will satisfy all of my needs in a positive manner

I am sensitive to the needs of others

I am surrounded by love.

I am in a loving and respectful relationship

I am love, loved and loving.

I am thankful for all the love in my life

I give and receive love effortlessly

The man I love is with me now and always

I increase the flow of love in my life.

All the love I need is within me

I am loved and lovable

I am Love, I am abundance, I am joy

I am now in an ideal relationship with my perfect partner

I am surrounded by love

I release the pain of my unpleasant experiences in love

Happiness

I deserve to be happy

Every atom of my being is resonating with joy and happiness now.

My good comes to me in a steady, unbroken, ever-increasing stream of success, happiness and abundance

I am a worthwhile person I attract joy into my life

I rock!

I approve and love of myself, I am heathy, beautiful, loving, giving, I give thanks for all that I have and all that I shall be. I am open to all possibilities. I have abundance in all areas of my life,I begin again and again, to reinvent myself daily.

I deserve the good life

I am in control of my happiness.

I, and I alone, am responsible for my future and for my emotions. No one can make me feel anything unless I let them.

I live a charmed life

I am safe, all my needs are met

I deserve to have a great life.

I am happier today than I every have been

I am the source of my own happiness

I am happy and grateful for everything I have and receive daily