



Cut these affirmations into strips, fold them up, and put them in a beautiful cup or bowl that you keep out in the open at home or work. When you're in need of motivation and inspiration, take a strip of paper, read the affirmation and contemplate ways to manifest beauty, balance, wellness and joy in all areas of your life.

I love myself

I choose to see beauty first

I believe in the beauty within

I am constantly learning lessons

I enjoy my alone time

I am confident and powerful

I create the quality of my life

I keep clutter to a minimum

I will be all I was born to be

I will learn to laugh more

I control my destiny

I respect my body

I make truth the foundation
of my relationships

I will listen as well as talk

I will keep my values and integrity
at the center of my life

I welcome mentors and mentor others

I will contribute to the world

I will wish on a star every night

I surround myself with
people of wisdom

I will make the world a better place

I keep a positive mindset

Each stage of my life is wonderful

My soul guides me in
the right direction

Love is my gift to the world

I forgive myself and move on

Success is balancing all
that life offers well

I manifest abundance in
all areas of my life

True happiness comes from within

I will always show the beauty within

I will love and protect nature

I will make every day my birthday

I can do great things

I claim my balance and power

I look for the fullness
of every moment



KAY CASPERSON®

I walk through life with confidence, poise
and personal power

I trust in the process of life

I relinquish my need for external approval

Everything I need is already within me

Every day, in every way,
I'm getting better and better

My life is blossoming
in total perfection

It's OK for me to have fun
and enjoy myself — and I do

All things are now working together
for good in my life

I accept responsibility for my life

I cope with stress well

I take action when something
is important to me

I am strong and healthy

I rest when I am tired

I nurture my spirit

I am healing old wounds

I love and care for my body

I say no when I need to

I handle conflict with confidence

I seek out people who love and nurture me

I learn from my mistakes

I put my worries in perspective

I can ask for help when I need it

I am open-minded

I look for solutions

I encourage myself

I am centered and balanced

I can change and accept change

I forgive myself and others

I let go of resentment

I value myself

I express my feelings respectfully

I choose that which I enjoy

I open my heart to let all good
things flow through me