

Today, I became  
a little better.  
Thank you.

A SPIRITUALITY & HEALTH E-BOOK

When I forgive  
myself, it  
becomes easier  
to forgive  
others.

Challenges are an opportunity  
for growth and I am thankful for  
the chance to evolve.

Today is  
going to  
be great  
because  
I will  
make  
it so.

Today I  
choose  
joy.

THE BOOK OF

# Daily Affirmations

Move mountain,  
get out of my way!

I am gentle  
with myself  
and others.

I release the need  
to replay situations  
in my mind.

Other people do  
not control my  
emotions; I do.

A warm, peaceful energy  
surrounds me and those I love.

**Spirituality  
& Health**



Something wonderful will happen today.

I see new opportunities all around me.

Positive mind,  
positive life.

# 20 Morning Affirmations

HERE ARE SOME MORNING AFFIRMATIONS TO START THE DAY OFF WITH CLARITY, PURPOSE AND JOY.

**“EACH MORNING** we are born again. Do today what matters most,” writes Jack Kornfield, in *The Buddha’s Little Instruction Book*.

We get a remarkable gift each day: A fresh start. That chance to do what matters most. Now, not all of us are morning people, it’s true. Some of us pop out of bed at 6 a.m., raring to go, while others stagger out from under the covers, zombie-like, toward the coffee maker and a hot shower. It’s okay—you can’t help being a night owl or a lark, as those factors are largely determined by genetics. But once you’re awake... are you really awake? Are you receiving the gift the universe has handed you? Or are you wandering into the day in a fog of to-dos? Don’t waste such a precious gift. Here are some morning affirmations to start the day off with clarity, purpose and joy. —KATHRYN DRURY WAGNER

Today, I make smart decisions.

I greet the day with joy and gratitude.

I am so grateful for another day on this Earth; thank you!

Today is going to be great because I will make it so.

This is the day the Lord has made; let us rejoice and be glad in it.

**My day is off to a positive start.**

Hello, World! Here I come.

Today I live a purpose-filled life.

I share my full potential with those around me.

I am energized and strong.

Wellness and abundance are flowing into my life.

I see new opportunities all around me.

Positive mind, positive life.

I’m awake to the possibilities around me.

**Divine energy surrounds me.**

Today I choose happiness and wellbeing.

Something wonderful will happen today.

I was put here to achieve my greatest self.

Today, I am blessed.

**“Mine is the sunlight, mine is the morning.”**

— ELEANOR FARJEON,  
MADE FAMOUS BY CAT STEVENS

Other people do not control  
my emotions; I do.

I no longer resist the  
lessons I'm learning.

Today is a  
clean slate.

# 17 Affirmations to Release Negative Thoughts

LET GO OF THOSE NEGATIVE THOUGHTS AND FEEL  
A PROFOUND SENSE OF WELLBEING WASH OVER YOU.

**IN MY KUNDALINI CLASS** yesterday, my teacher guided us through a kriya for releasing long-buried negativity. It was challenging—just as she'd warned it would be. The exercise felt interminable, and as I clenched and unclenched my fists, my face started to follow with contortions. And my forearms were, I'm quite certain, on fire. After six minutes of that discomfort, we stopped, and I felt strangely lighter.

Letting go of negative thoughts is like that: It's such a huge, physical release—a profound sense of wellbeing washes over you. You've been wearing a heavy, lead suit, and then you can step out of it, and float onward. Let's try some affirmations to release the thoughts that may be keeping us from being our buoyant souls. — KATHRYN DRURY WAGNER

I abandon old habits and choose new, positive ones.

I let go of impatience and trust in God's plan.

**I choose the contents of my life.**

Obstacles are now falling away easily.

I no longer resist the lessons I'm learning.

Other people do not control my emotions; I do.

I am filled with positive actions.

I release things that no longer serve me.

I welcome positivity into my life.

I am at peace with what is happening.

Today is a clean slate.

I am gentle with myself and others.

I release the need to replay situations in my mind.

Today, I welcome health and happiness.

I transform negative energy into love and light.

I forgive myself and release my worries to the Creator.

*You can't be both awesome and  
negative. Choose one.* —KAREN SALMANSOHN.

Each part of my body moves  
freely as a walk.

Breathing in,  
I breathe in love

I am one with the  
elements and the animals  
around me.

# 7 Affirmations for Daily Walking Meditations

**MANY NEW STUDIES** suggest that mindful walking is good, not only for mental health, but also to relieve stress. Moreover mindfulness, in general, is shown to improve chronic inflammatory conditions such as rheumatoid arthritis, inflammatory bowel disease and asthma. Psychological stress plays a major role in inflammation in the body and if you love walking, then why not incorporate mindfulness into your routine to experience the effects?

One study from Thailand told participants to swing both arms forward on the in-breath while thinking the sound “Budd” and while swinging the arms back on the out-breath, think of the sound “Dha.” This exercise was essentially meditating on the sound of “Buddha” as they walked.

Another study focusing on the effects of mindfulness on inflammation and chronic pain, used the exercise of continuously focusing attention on the breath, sensations in the body and mental content while seated, walking or practicing yoga.

Both are great ideas:

1. Saying a positive mantra as you walk, synchronizing breath and movement.
2. As you walk, focus on the breath and witness the thoughts as they move past your mind like clouds in the sky (observing, but not judging and then letting them go). Pay attention to the sensations in your body as you walk and notice what comes up.

Two other practices I recommend:

1. Drawing your awareness to the nature around you on your walk through your senses. Listen to the sounds in the environment – the song of the birds, running water, or the wind

through the trees. Smell the scent of the trees or flowers (or whatever may be in your surroundings). Watch the movement of your feet and the beauty of the sky and the nature all around. Feel the breeze softly caress your skin on the heat of the sun on your body.

2. Repeat the below list of affirmations as you walk and experience the feeling behind the words themselves.

Here are some affirmations to turn a seemingly mundane walk into a mindfulness walking exercise for enhanced health. Take one affirmation per day of the week and take it on your walk with you – embodying the words as you move. — **BESS O’CONNOR**

Breathing in, I breathe in love ....  
breathing out, I breathe out love.

With each step I feel the energy of the earth supporting my every move.

I am one with the elements and the animals around me.

Each part of my body moves freely as a walk.

*Inhaling, I breathe in oxygen from the trees ... exhaling I breathe out, giving back to the trees.*

My awareness is on my center with every step I take.

I am the nourisher of the universe and the universe nourishes me.

I am doing the best I can.

Today I allow time for self- and rejuvenation.

I choose carefully what goes onto my calendar.

# 18 Affirmations for When You're Overwhelmed

WHEN YOUR DAILY LIFE STARTS FEELING OVERWHELMING, TRY THESE AFFIRMATIONS TO BRING YOU BACK TO CENTER.

**BE CAREFUL** what you wish for, they say. Poof! A wonderful new burden has arrived, in the form of a promotion, a new job, a baby, or planning an elaborate trip. Or perhaps the two tons of stress you're lugging about comes from a darker place, such as a toxic work environment, caregiving for someone with dementia, or facing your own medical challenges. But the sensation is the same: I can't breathe. I am buried. I am being swept out to sea. They call this, "the Overwhelm."

In their book *Organize Tomorrow Today*, authors Dr. Jason Selk and Tom Bartow discuss human mental "channel capacity"—that is, we can only handle so much information at a time. There's a reason, they note, that phone numbers are seven digits long. Any longer, and people can't remember them. When we are overwhelmed, whether it's by a flood of data, or trying to take care of a million details, or facing many choices, we have exceeded our mental channel capacities, the authors explain. "Saturating people with information actually paralyzes action. Think about it: When people are overwhelmed, they typically freeze. Self-doubt slows action."

Now that we know the why, let's use the powerful tool of affirmations to deal with the Overwhelm. — KATHRYN DRURY WAGNER

Today I am strong and healthy.

I choose carefully what goes onto my calendar.

I release the need to dwell on bad feelings.

This too shall pass.

**One task at a time is enough.**

I draw on the support that surrounds me, in whatever form.

Peace and joy are filling my life.

***I am doing the best I can.***

I release the need for perfection.

I choose to be calm and centered, regardless of the situation.

I exude strength, grace and flexibility.

Today I allow time for self-care and rejuvenation.

I have faith that this will all work out.

**I am living in grace.**

The right decisions are coming to me easily now.

I don't worry about other people's acceptance or opinions.

Today I choose joy.

I can communicate my needs and feelings.

experience gratitude for everything I have in my life.

I feel gratitude for the all!

I see the beauty in nature that surrounds me.

# 14 Affirmations for Experiencing Gratitude Everyday

**OPRAH ATTRIBUTES** much of her success to the power of gratitude—that right there is enough to get anyone to count their blessings.

A study from Harvard suggested that expressing thanks could be one of the simplest ways to feel better. I feel that ... and I believe it. The more I put a gratitude practice into play, the more I am convinced that it works wonders on uplifting the spirit and also with manifesting the things I actually want in life (and not what I'm complaining about and inadvertently attracting).

In my experience, gratitude also helps with stress. If I'm feeling overwhelmed or stressed, I change my attention on the things that I am grateful for (even having to do with the situation at hand). Since, the quality of life is all about perception, the simple shift in consciousness to gratitude makes all the difference.

It's really a simple and short practice. Say the affirmations and feel the thankfulness deeply in your heart. Sometimes a simple affirmation like, "I'm so thankful for my family," can just about get my eyes to water and fill me with immense joy.

Even if an affirmation doesn't seem "true" at the time, still feel it as if it were. This is the power of affirmations—they bring us closer to what we want by feeling that they're already in our reach.

Here are some gratitude affirmations to make your day just that much better. —**BESS O'CONNOR**

I experience gratitude for everything I have in my life.

I always receive exactly what I ask for and appreciate that.

I am grateful for excellent health, prosperity and true love.

**My life is filled with an abundance of goodness.**

All challenges are an opportunity for growth and I am thankful for the chance to evolve.

I am so grateful for supportive friends and a loving family.

I appreciate everything I have in my life and always keep the door open for more blessings.

The universe supports me and all my desires.

**I am the co-creator of my reality.**

I see the beauty in nature that surrounds me.

I see animals as sacred and appreciate the gifts they give.

I give thanks for the helpful spirits and ancestors that guide me in this life journey.

***I am blessed.***

I feel gratitude for the all!

am free from the prison of  
resentment. Forgiveness is a  
gift to myself. The past is done  
in the present.

# 22 Forgiveness Affirmations to Lift the Weight Off

HERE ARE SOME AFFIRMATIONS TO HELP WASH AWAY THE PAIN OF RESENTMENT TO A MORE LOVING, HEALTHIER, FRESHER, LIGHTER, CLEANER AND JOYFUL LIFE.

**“RESENTMENT** is like drinking poison and then hoping it will kill your enemies.” —Nelson Mandela

That quote from Mandela has helped me many a time. Knowing that holding a grudge toward another can be more harm to myself than to the person I am upset with and behooves me to move past resentment to a more compassionate stance.

Forgiveness is a virtue of the warrior spirit. It’s like taking a giant weight off your shoulders and the other person doesn’t necessarily have to change, say “thank you,” or otherwise. It’s no one’s duty but your own to clear out negative feelings and resentment, and your body-mind will thank you.

Here are some affirmations to help wash away the pain of resentment to a more loving, fresher, cleaner and joyful life. —**BESS O’CONNOR**

I am free from the prison of resentment.

Resentment replicates old turmoil and I choose my life to be drama free.

I do not confuse people from my past with people in the present.

I acknowledge my faults and forgive myself completely.

I make peace (inside) with anyone who has done wrong.

**Forgiveness is a gift to myself.**

I follow the principle of “live and let live.”

My parents did the best they could. I forgive them for any wrong that they unknowingly did and forgive myself for holding a grudge against them.

When I forgive myself, it becomes easier to forgive others.

Forgiveness gives me a fresh start and a clean slate.

I forgive to stop the negative karmic cycle in my life.

The past is done. I now live in the present.

I am the architect of my future.

I am a pioneer of the future and not a prisoner of the past.

**I am forgiving, loving, gentle and kind to everyone.**

I lay down the heavy weight of doubt, shame, guilt, embarrassment and self-hate.

Intention is my catalyst for my ideal future.

I am capable of moving beyond my own mistakes.

I am able to heal from the hurt of my past.

I am worthy of all the compassion and kindness in the world.

*All is love.*



# 15 Affirmations for When You're Stuck in a Rut

WIRE YOUR BRAIN FOR SUCCESS WITH THESE AFFIRMATIONS.

**SOMETIMES WE FEEL** we're inching along on the freeway of life—riding astride a burro when we need to be driving a Ferrari. It may seem like everyone around us is succeeding: so-and-so just got a book deal; a dear friend closed on that amazing house; a coworker posts photos from his trip to Greece. Meanwhile, we're stuck in the same old, same old, hearing one too many "no's" and feeling discouraged. It can be hard to have faith that our situation will change, that there's something satisfying for us in store, too, if we keep striving. How, then, can we build up the vigorous energy required to take things to the next level? A few suggestions for helping yourself thrive during "bleh" phases:

Practice gratitude, whether that is prayer, journaling or another expression.

Change your perspective with a new hobby.

Switch on the uplifting music; whether that is Gurunam Singh, Led Zeppelin or Bruno Mars—whatever puts you in a good mood.

Take extra-good care of yourself: nourishing food, extra sleep, plenty of exercise, schedule that haircut/massage/pedicure.

Consider meeting with a life coach or taking a personal development course.

Next, wire your brain for success with these affirmations. — KATHRYN DRURY WAGNER

I am ready to live a charmed life.

I enable my best self by having a positive attitude.

*Luminous and productive energy flows through me.* —MARIANNE MITCHELL

Move mountain, get out of my way!

Energetic transformation is coursing through me.

I choose to reconnect with pleasure, to reclaim joy.

I am undergoing a powerful transformation.

I am determined to succeed.

I am unstoppable.

I stand on one hundred no's to get a yes.

I commit, I don't quit.

*Today, I accomplish my goals.*

I am worthy of great things.

I write my own life story.

*I am the master of my fate, I am the captain of my soul.* —WILLIAM ERNEST HENLEY

I am safe; all is well.

I connect with what is peaceful and good around me.

Exhaling, I let my shoulders drop and become relaxed.

# 12 Affirmations for Peace and Calm

USE THESE AFFIRMATIONS TO FIND A MOMENT OF SERENITY.

**ONE OF MY FAVORITE** episodes of “Seinfeld” is the one where George Costanza’s father, Frank, has been advised by his physician to invoke the phrase “Serenity Now,” as a way of keeping his blood pressure down. But instead of taking deep, cleansing breaths and murmuring “Serenity Now” as a soothing mantra, Frank yells it while thrusting his hands skyward. Used à la Frank, “Serenity Now!” is the least calming manta ever—making it oh-so-fun to use when chaos reigns in my home. It reminds me to smile and go with the moment.

Even if you don’t have small children running amok, peace and calm can be hard to come by. There are many disruptive forces in our modern lives, and our busy minds start to babble as a result. There’s the nonstop ping of technology. Daily commutes. Stressful workplaces. And the world at large, egad—terrorism, Wall Street, elections, climate change. Is it any wonder we need some peace and calm? Come, use these 12 affirmations to find a moment of—dare I say it? Serenity. — **KATHRYN DRURY WAGNER**

All I need to do right now is breathe.

My mind is still and smooth, like a lake at dawn.

I am safe; all is well.

A warm, peaceful energy surrounds me and those I love.

I step outside, bringing tranquility with me into the world.

I connect with what is peaceful and good around me.

Inside me lies a great reservoir of calmness.

I discover peace in those around me and respond to them with peace.

Exhaling, I let my shoulders drop and become utterly relaxed.

*I let go of anxiety and embrace calm.*

I can easily shift my heart to feel peace.

My need to feel calm is being fully met.

I choose healthy ways  
to deal with stress.

I'm doing the  
best I can.

I see challenges where  
others see difficulties.

# 20 Affirmations for Managing Stress

THESE 20 AFFIRMATIONS CAN HELP, NO MATTER WHAT IS STRESSING YOU OUT.

**ACCORDING TO THE NEWSPAPER** Daily Mirror, the average person spends 2 hours and 28 minutes a day stressing, often over issues such as parenting, jobs and finances. Whenever I start to think of stress as a contemporary challenge, though, my thoughts turn to the Paleolithic era, when stress involved trying not to be eaten by a saber tooth cat. People were stressed out in the Middle Ages, avoiding the Plague. They were stressed out in the French Revolution, avoiding beheading. So we can't blame stress entirely on smart phones and email. If you're alive, you're stressed. There will always be external traumas or dramas happening. The question is, how are you going to react? These 20 affirmations can help, no matter what is stressing you out. — **KATHRYN DRURY WAGNER**

My peace is my power.

I am flexible like a willow, bending but not breaking.

I release anxious thoughts.

As I exhale, stress leaves my body.

**Today I choose joy.**

Keep calm and carry on.

Let's look at the facts.

Nothing is permanent, so I may as well loosen my grip a little.

*I'm doing the best I can.*

I trust myself to deal with whatever arises.

I choose healthy ways to deal with stress.

I have endless talents to call upon.

I see challenges where others see difficulties.

I am strong and confident.

I release all fear.

I am peaceful in the presence of God.

Today, I embrace simplicity.

**Peaceful energy is radiating out  
from around me.**

I trust the universe is looking out for my higher good.

I reclaim my own power.

I am at peace.

I am loved.

Today, I did my best.

And tomorrow is  
another day.

I take what works from  
today and leave the rest behind.

# 14 Affirmations to End Your Day

HERE ARE SOME AFFIRMATIONS TO SAVOR THE GOLDEN HOUR.

**MY HUSBAND**, who is a filmmaker, calls it “The Golden Hour.” It’s that hour or so when the sun is considering going down. The sunlight slants, the light starts to filter through the trees, and at least where we live, in California, I can attest that everything really does take on a golden glow. It’s my favorite time of the day. The work slows down. Perhaps there’s a glass of wine. Some snuggles with children. What are your favorite rituals for winding down? Perhaps it’s taking your dog out for a walk, or lighting a fire in the fireplace, or curling up with a good book.

The end of the day has an interesting duality. Because it’s a good time to both disconnect—experts recommend we turn off those electronic screens so that we’ll sleep better later—and to reconnect. With what’s important. With what’s spiritual. With that in mind, here are some affirmations to savor that Golden Hour. — **KATHRYN DRURY WAGNER**

Spirit, thank you for all the blessings of today.

I am thankful for the people I encountered today.

Today, I became a little bit wiser.  
Thank you.

I take this moment to see the goodness around me.

I let go of any worries or concerns and give them  
to Spirit.

Today, I did my best. And tomorrow is another day.

I am at peace. I am loved.

I welcome and embrace the lessons  
I learned today.

I am centered and focused.

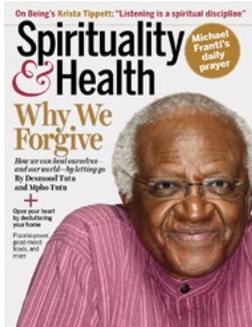
I am committed to the kind of life I envision.

This evening, I feel gratitude and joy.

I take what works from today and leave the rest behind.

I’m winding down for today and all is well.

*Tonight I will sleep well and wake up  
refreshed tomorrow.*



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