



Affirmations

Creating change in my life now

I let go of the need to struggle. I no longer feel the need to resist the challenges I face. I embrace and go with the ebb and flow of life.

Today in every moment I will celebrate my individuality and all that makes me perfect. I shine a light on myself and embrace all that I am.

I choose love over fear. My response to any given situation is always love.

If I allow it, love will always shine through. I choose love over fear.

I have much in my life to be grateful for. I see and feel in my heart all the blessings in my life right now.

I know that I am worthy just as I am right now. I am worthy of love, respect, abundance and forgiveness. I am worthy.

I release all that no longer serves me. I embrace the beauty of new inspirations, wisdom and guidance. I am open to receive and ready to change. I invite grace into my life right now.