

Courageous Living Affirmations

I **listen** with love to my body's messages.

I **feel** the vibrant wellness in my body increase everyday.

I **am** healthy, whole and complete.

I **am** loving and lovable, and I find love everywhere.

I **live** in harmony and balance with everyone I know.

I **love** myself, therefore I attract loving people into my life.

I **love** and approve of myself, and I am at peace.

I **release** the past and I am free to love fully in the present.

I **see** gifts and opportunities in every situation I experience.

I **am** blessed beyond my fondest dreams.

I **love** my work and earn a good income.

I **work** with people I like, who honour and respect me.

I **create** my life. I deserve happiness and prosperity.

I **trust** the process of life to bring only good to me.

All is well in my world. I am safe.

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