

Live a Better Life.



25 Days of Positive Thinking Affirmations.

Affirmations are simple reminders to our subconscious that tells it to stay positive and focused on reaching our goals. Affirmations can create more appreciation for the things we have and are surrounded with. They can bring more joy and happiness to our lives. Put this list in a place you will see every day and look forward to the changes you wish to make in your life.

When creating your affirmations, there are a few things to keep in mind.

- Including the words "I am" in your affirmations bring power to your statement.
- Positively state what you want, not what you don't want.
- Before stating your affirmation, take a deep breath and focus on what you're saying.
- Be grateful for what you have, the people in your life and your surroundings.
- Let go of the past. You can't change it, so don't waste time dwelling on it.

- Celebrate your 'wins'.

Below are 25 positive thinking affirmations to get you started.



1. I can do better, just by deciding to do so.
2. Life is what I make of it.
3. I can.
4. I am above negative thoughts and actions.
5. Happiness is a choice. I choose it.
6. Today, I let go of bad habits and start the path to adopting good ones.
7. I am conquering obstacles every day.
8. I am seeing a positive in every situation.
9. My thoughts are becoming more positive each day.
10. I am special. There is no one else on the earth the same as me.
11. I am turning into the person I always wanted to be.
12. Thinking positive is starting to feel more natural to me.
13. My optimism is altering my reality.

14. I have forgiven those who have hurt me, am at peace with my past and looking forward to the future.
15. I no longer fear tomorrow.
16. I am blessed.
17. This too shall pass.
18. I can work on gathering the strength to control how I feel.
19. I am willing to do what it takes to make positive changes.
20. I choose the path that will make my future all it was meant to be – fulfilling and wonderful.
21. Life is getting better all the time.
22. This moment is awesome.
23. Positive thinking is part of who I am now.
24. Be watchful for the gifts that come your way every day and be thankful for them.
25. Today is the first day of my new life.

