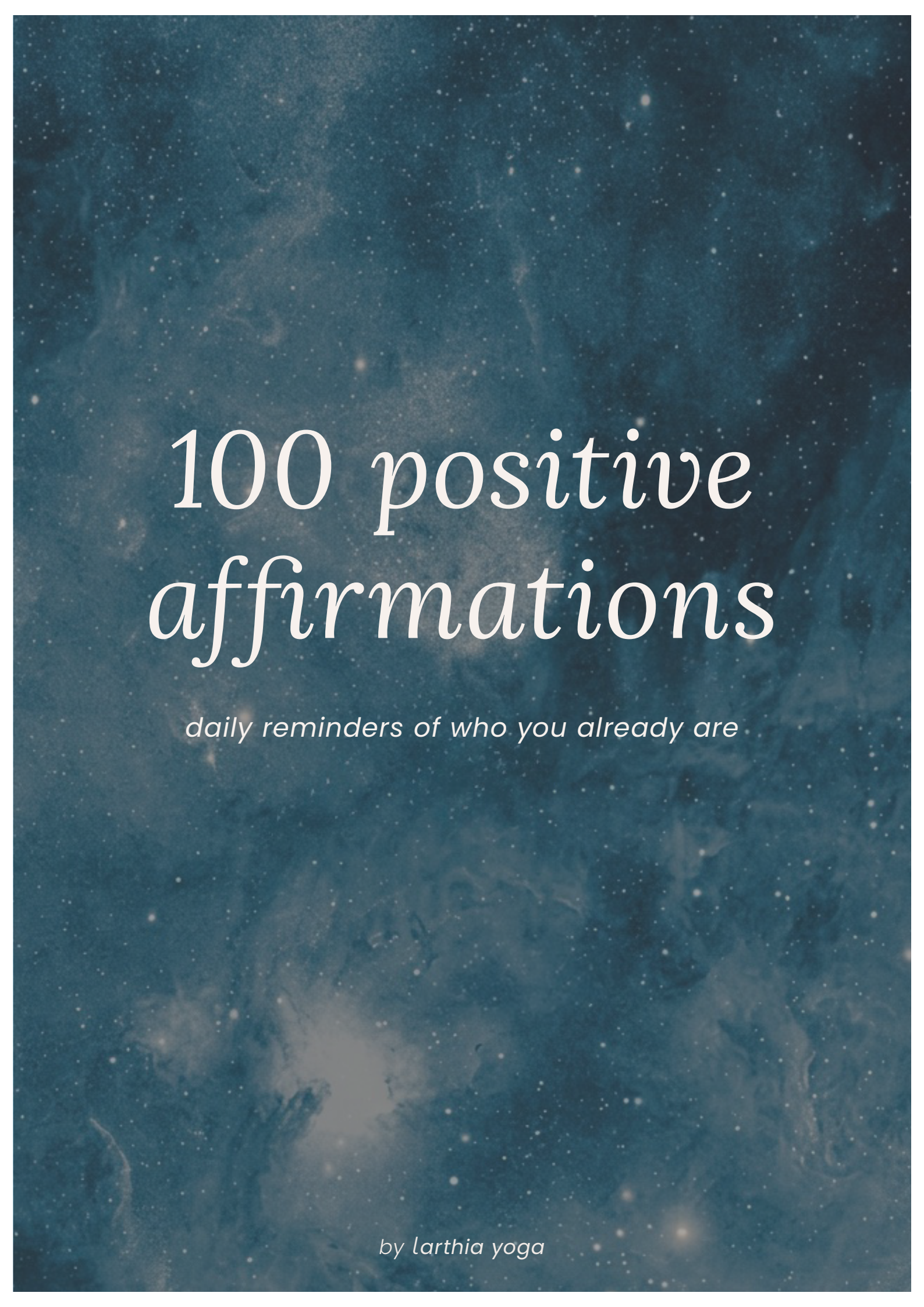




100 positive affirmations

daily reminders of who you already are

by larthia yoga

how to use these affirmations

here are a few ways to bring affirmations into your daily routine

BEFORE YOGA OR MEDITATION

Choose one affirmation, say it quietly to yourself, let it settle, then carry it as the main focus of your practice. Whenever your mind wanders, return to those words.

MORNING REFLECTION

Start your day by choosing an affirmation and repeating it, aloud or silently, as you wake. Let the words guide your thoughts and set a kind, hopeful tone for the day ahead.

JOURNALING

Write your affirmation of the day at the top of a fresh page and spend a few minutes thinking about what it means to you. Consider how you might live it out today, and jot down any insights that come up.

MINDFUL BREATHING

Pair your affirmation with your breath. As you breathe in, whisper the first part ("I am"), and as you breathe out, finish the phrase (for example, "peaceful"), to help the affirmation settle into both body and mind.

VISUALISATION

Close your eyes and picture yourself living the affirmation. Notice how it feels, how you would carry yourself and how others might see you. Visualising it can make the affirmation feel real and within reach.

AFFIRMATION CARDS

Write an affirmation on a sticky note and put it where you will see it during the day, such as on your mirror, your computer or the fridge. These little reminder keeps the words close as you go about your day.

GRATITUDE PRACTICE

Before bed, think about how the affirmation showed up in your day. Give thanks for the ways it shaped your actions, thoughts and feelings, and consider how you can keep living it tomorrow.

By weaving affirmations into your daily routine, you will nurture positivity, resilience and intention, bringing a fresh chance to connect with your true self every day.



Check out my classes and events at:

larthiyoga.com & larthiyoga.eventbrite.com

have a beautiful day ✧

100 positive affirmations ✧

1. I AM ABUNDANT

I notice the richness already around me and stay open to more.

2. I AM ACCEPTING

I welcome myself and others exactly as we are, free from judgement.

3. I AM ADAPTABLE

I meet change with ease and settle quickly into new circumstances.

4. I AM ADVENTUROUS

I say yes to new experiences and step happily into the unknown.

5. I AM ALIGNED

I live in step with my values, beliefs and heartfelt wishes.

6. I AM AUTHENTIC

I speak and act from my truest self, and let my light be seen.

7. I AM AWARE

I notice the present moment and respond with care and clarity.

8. I AM BALANCED

I bring my mind, body and spirit into harmony and find peace within.

9. I AM BEAUTIFUL

I see my own beauty clearly, inside and out.

10. I AM BOLD

I take up space and back my ideas without apology.

11. I AM BRAVE

I move forward gently but firmly, even when I feel unsure.

12. I AM CALM

I breathe slowly and let serenity settle over me, whatever the situation.

13. I AM CAPABLE

I have the skill and determination to reach my goals.

14. I AM CENTRED

I return to my breath and let my mind settle into calm.

15. I AM CHERISHED

I allow myself to feel the care of those who love me.

16. I AM COMPASSIONATE

I meet life with kindness and awareness, forgiving myself as I love myself without condition.

17. I AM COMPOSED

I keep my calm and poise, even when things get difficult.

18. I AM CONFIDENT

I trust my abilities and know I can achieve what I set my mind to.

19. I AM CONNECTED

I feel a deep bond with the people, places and experiences in my life.

20. I AM CONTENT

I find happiness and satisfaction in this moment and appreciate what I already have.

21. I AM COURAGEOUS

I face my fears with strength and resolve.

22. I AM CREATIVE

I welcome my imagination and express myself freely and in my own way.

23. I AM CURIOUS

I ask questions with delight and follow my interest wherever it leads.

24. I AM DECISIVE

I make choices with confidence and trust my judgement.

25. I AM DESERVING

I recognise my worth and accept that I am worthy of love, respect and every good thing life offers.

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26. I AM EMBODIED

I come home to my body and feel at ease in my own skin.

27. I AM EMPATHETIC

I understand and share the feelings of others, offering support and compassion.

28. I AM EMPOWERED

I take charge of my life and make choices that serve my highest good.

29. I AM ENERGETIC

I wake each morning with enthusiasm and a bright outlook.

30. I AM ENOUGH

I accept myself exactly as I am, and I welcome the love and light that already live in me.

31. I AM ENTHUSIASTIC

I bring energy and excitement to everything I do.

32. I AM EVOLVING

I honour who I was, celebrate who I am and welcome who I am becoming.

33. I AM FEARLESS

I let courage lead, and fear can come along quietly behind.

34. I AM FLEXIBLE

I adjust easily to change and go with the flow of life.

35. I AM FOCUSED

I direct my energy towards my goals and stay committed to my path.

36. I AM FORGIVING

I let go of the past and choose compassion and understanding.

37. I AM FLUID

I soften and adapt, knowing I am always becoming.

38. I AM GENEROUS

I give my time, energy and resources freely to others.

39. I AM GLOWING

I let my inner light rise to the surface and shine without effort.

40. I AM GRATEFUL

I appreciate the abundance and blessings in my life.

41. I AM GROUNDED

I feel rooted in the earth and settled in the present moment.

42. I AM GROWING

I celebrate how far I have come and trust where I am heading.

43. I AM HAPPY

I welcome joy in each small moment and let it brighten my day.

44. I AM HEALING

I let my body, mind and spirit rest, renew and find their balance again.

45. I AM HONEST

I tell the truth kindly, to myself first and then to others.

46. I AM HOPEFUL

I look to the future with optimism and believe in good outcomes.

47. I AM HUMBLE

I recognise my own strengths while valuing what others bring.

48. I AM INSPIRED

I draw ideas from the world around me and let them fuel my creativity.

49. I AM INTENTIONAL

I act with purpose and clarity, in line with my deepest values.

50. I AM INTUITIVE

I trust my instincts and listen to the guidance within.

100 positive affirmations ✧

51. I AM JOYFUL

I find happiness in small moments and share my light with others.

52. I AM KIND

I choose kindness in everything I do, for myself and for others.

53. I AM LEARNING

I give myself room to make mistakes and grow from them.

54. I AM LIGHT

I radiate positivity and bring brightness into the lives of others.

55. I AM LIMITLESS

I believe in my endless potential and welcome every possibility.

56. I AM LOVED

I accept the love that surrounds me and let it settle in.

57. I AM MAGNETIC

When I step into my confidence, I draw in good people and opportunities.

58. I AM MINDFUL

I live in the present moment and give myself fully to each experience.

59. I AM MOTIVATED

I approach life with enthusiasm and a proactive spirit.

60. I AM NURTURING

I care for myself and others with love, compassion and understanding.

61. I AM OBSERVANT

I notice the details and appreciate the beauty in every moment.

62. I AM OPEN

I welcome new ideas and experiences with an open heart and mind.

63. I AM OPTIMISTIC

I see the good in each situation and believe in a bright future.

64. I AM PASSIONATE

I give my energy to the things that light me up.

65. I AM PATIENT

I understand that good things take time and let life unfold naturally.

66. I AM PEACEFUL

I nurture a sense of peace and stillness in my mind and body.

67. I AM POWERFUL

I have the inner and outer strength to carry me through any challenge.

68. I AM PRESENT

I live in the moment and savour the beauty of now.

69. I AM QUIRKY

I celebrate the odd and wonderful parts of me that make me who I am.

70. I AM RADIANT

I let my inner light shine brightly, lighting the way for myself and others.

71. I AM RECEPTIVE

I am open to receiving love, support and abundance from the universe.

72. I AM RELAXED

I soften my shoulders, unclench my jaw and let go of what I can't control.

73. I AM RENEWED

I begin again each day with a fresh and hopeful outlook.

74. I AM RESILIENT

I bounce back from setbacks and keep moving forward with strength.

75. I AM RESOURCEFUL

I find creative solutions to challenges and make the most of what I have.

76. I AM RESTING

I give myself permission to pause and recharge without apology.

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77. I AM ROOTED

I draw strength from the earth beneath me and stand steady.

78. I AM SAFE

I create space for myself, trusting that I am protected and supported.

79. I AM SECURE

I feel safe and confident in who I am and in the choices I make.

80. I AM SERENE

I hold on to my calm, even in the middle of chaos.

81. I AM SINCERE

I express myself with honesty and integrity in everything I do.

82. I AM STABLE

I stay steady within myself, whatever is happening around me.

83. I AM STRONG

I have the physical and emotional strength to overcome any challenge.

84. I AM SUCCESSFUL

I set clear goals and work towards them with care, celebrating each milestone as proof of my progress.

85. I AM SUPPORTIVE

I lift others up with encouragement, empathy and understanding.

86. I AM TENACIOUS

I pursue my goals with determination and never give up on my dreams.

87. I AM THOUGHTFUL

I consider the feelings and needs of others and act with kindness and empathy.

88. I AM THRIVING

I flourish in every area of my life, growing stronger each day.

89. I AM TRANQUIL

I cultivate a deep inner calm and balance, even when things around me feel hectic.

90. I AM TRANSFORMATIVE

I have the power to change and grow, always becoming the best version of myself.

91. I AM TRUSTING

I have faith in the process and trust that things are unfolding as they should.

92. I AM TRUSTWORTHY

I am reliable and honest, and others can depend on me.

93. I AM UNIQUE

I embrace my individuality and express my true self with confidence.

94. I AM UNSTOPPABLE

I keep going with quiet determination, one step after another.

95. I AM VIBRANT

I live with energy, enthusiasm and a real zest for life.

96. I AM WHOLE

I embrace every part of myself, knowing I am complete just as I am.

97. I AM WILD

I honour my free, untamed spirit and let it breathe.

98. I AM WORTHY

I deserve love, respect and all the good things life has to offer.

99. I AM YOUTHFUL

I welcome my inner child and live with a sense of wonder and excitement.

100. I AM ZEN

I release what is not mine to carry and let my body soften with each exhale.

have a beautiful day ✧