

# AFFIRMATION BOOKLET

FOR BOOSTING YOUR MINDSET

*HOLLY R JAHN YOGA*

## Why use affirmations?

*“We all have negative and unhealthy thoughts about ourselves and how we live our lives at times, which is completely normal, affirmations when spoken or chanted to ourselves have the power to change the way we think and act in our lives in a positive way, they can change our emotions, alter our behaviors and reassess our beliefs. Ultimately, they can help us to achieve our goals in life and achieve greatness.”* (as spoken by Richard J. Desouza, Clinical Hypnotherapist, Cardiff)

## About this booklet:

The affirmations in this booklet are categorized so you may easily find the aspect you want to adjust. There's space at the end of the booklet to write down notes or new affirmations that you'd like to add to the list.

### Categories included are:

*Physical Health & Wellness,  
Openness,  
Stress & Anxiety,  
Motivation,  
Release,  
Truth,  
Forgiveness,  
Fear,  
Safety and Feeling Grounded,  
Change,  
Confidence,  
and Growth.*

***Affirmations will not change your mindset in a day but rather over time.***

Mindset is a habit.  
Habits take time to adjust and change.  
This is why you “Repeat it until you believe it.”  
Repetition is key to rewire your thoughts.  
Be patient with yourself when you start using them.

*“Every thought you think and every word you speak is an affirmation. All of our self-talk, our internal dialogue, is a stream of affirmations.”*

*You're using affirmations every moment whether you know it or not. You're affirming and creating your life experiences with every word and thought.”*

*~ Louise Hay*

## How to use affirmations:

Anytime an undesired thought pops up, notice it, and then replace it with something in this booklet.

*Please note:* Affirmations aren't about denying or avoiding what you feel. It's a way to take notice of what you don't want and to shift your energy and thoughts to generate more of what you DO want.

Choose an affirmation that you genuinely believe and that you truly want to experience. Stay true to yourself and not what you think you should feel. Repeat it in your mind or out loud until you believe it. You can also write them on sticky notes and post them around your house, write them in your journal, make a vision board with them, etc; **be creative!**

Do your best to say your affirmation with sincere feeling. When you feel the statement to be true and imagine yourself in that state, it resonates strongly with your inner self and will be more likely to come to fruition. \*If this is challenging, either place your hand or hands on your heart as you say them for a deeper mind body connection or look in a mirror and put one hand on your heart and one on the mirror so you're giving yourself a high-five. These techniques will help give you a deeper connection.

Discomfort when first beginning with affirmations is 100% normal. Stick with it, using them will become more comfortable over time and experience.

These affirmations can be used in meditations, as an intention during yoga asana practice, while driving, while cooking, or whenever you'd like to pump up your mindset.

Enjoy and Happy Affirming!

With much love,

*Holly*



# PHYSICAL HEALTH AND WELLNESS

- I balance my life between work, rest, and play.
- My body appreciates how I take care of it.
- I enjoy the foods that are best for my body.
- My healing is already in process.
- I am healthy, whole, and complete.
- I am at home in my body.
- I trust my body's healing intelligence. I love that the cells of my body that are kicking ass today.

I am moving in  
the direction of  
well being.

# OPENNESS

- Life brings me only good experiences. I am open to new and wonderful changes.
- I am open to the universe's gifts.
- I am open to and give thanks for the good that surrounds me today.
- I enjoy meeting new people.
- I open myself to others naturally, my creative energy has the power to create and transform. I feel my creativity streaming through my body, mind and soul.
- I am open.
- I am an open channel for creativity.

I flow easily with  
new experiences,  
new challenges,  
and new people  
who enter my  
life.

# STRESS & ANXIETY

- I invite peace, joy, and stillness in my being to expand.
- I now live in limitless love, light, and joy.
- All is well in my world. I am calm, happy and content.
- I am in charge of how I feel and today I am choosing happiness.
- I can manage my worries around failure and achieve my goals in spite of them.
- I forgive myself for feeling anxious or stressed.
- Life supports me and wants me to be happy and fulfilled.
- I breathe in relaxation, I breathe out tensions.
- The universe loves and supports me and keeps me safe.
- I am not my anxious thoughts nor my stress sensations.

And this  
too, shall  
pass.

I am calmer  
with each  
breath I  
take.

# MOTIVATION

- I am improving myself and getting closer to my goals every day.
- I may make mistakes, but I can recover and keep going. I don't need to lose hope over a minor setback.
- I am willing to open my mind to new opportunities.
- I consciously choose to tune into the present moment.
- I take note of everything in my environment that proves that I am resilient.
- I will act with confidence and peace of mind.
- I will not obsess over what I did wrong in the past. Instead, I will learn from my mistakes in the future.
- My actions can make a difference in the world.
- My actions can make a difference in my life.
- I am the source of my own motivation.
- The world is an amazing place, and I can be a positive part of it.
- I have the energy and confidence to move towards my goals at full steam today.

# RELEASE

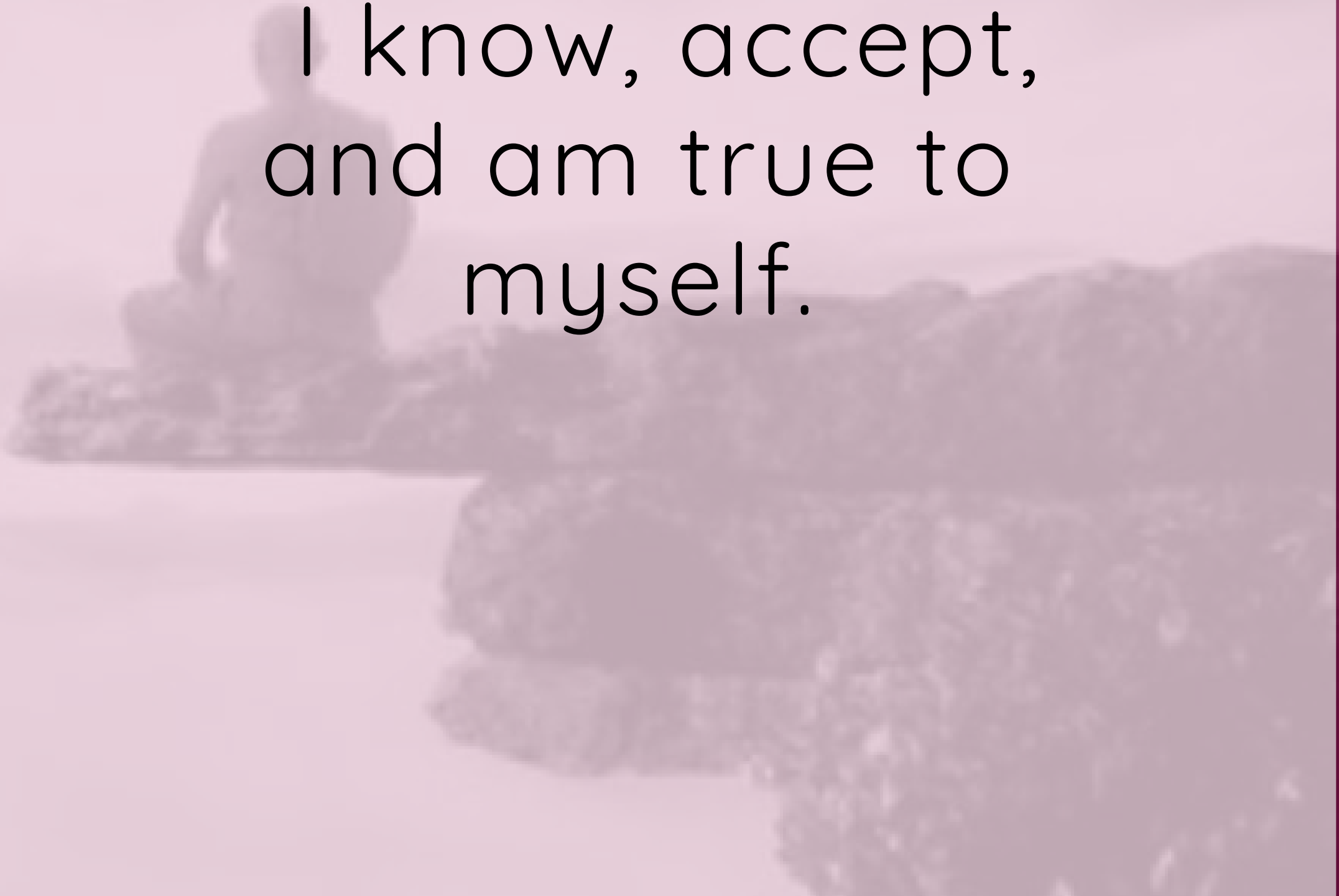
- I am willing to release all my old patterns of fear and insecurity to live with joy and well-being now.
- I lovingly release what no longer works for me, so that I maintain a state of balance and honor in all of my “nows”.
- I release all old and negative habits now.
- I release the need to judge, criticize, and be right.
- I let go of everything that gets in the way, keeping me from my true path.
- I can do anything I want.
- I let my life flow.

I trust in the  
process of life.



# TRUTH

- Truthful expression is a healing and strengthening force.
- I am energized by truth and love.
- I communicate clearly and consciously from my deepest truth.
- I love what I know, always.
- I tell the truth with integrity and compassion.
- My mind is filled with thoughts that bring love, light and truth to my life.

A person is shown in a meditative pose, sitting on a large rock that juts out into a body of water. The person is facing away from the camera, looking out over the water. The scene is peaceful and serene, with soft lighting and a calm atmosphere. The person is wearing a dark top and pants. The rock is textured and appears to be part of a natural rock formation. The water is calm, and the background shows a hazy horizon line.

I know, accept,  
and am true to  
myself.

# FORGIVENESS

- Forgiving makes me feel free and light.
- It is with joy that I learn to love myself more and more.
- The more resentment I release, the more love I have to express.
- I will treat myself with respect and kindness from today forward.
- I love and approve of myself. I am safe.
- I see with love and tenderness.

I am at  
peace with  
myself.

It is easier  
for me to  
forgive  
than I  
thought.

# FEAR

- I move forward with my life without fear.
- I am not my fears. It is safe for me to live without guarding and defending myself all the time. When I feel afraid, I open my heart and let love dissolve the fear.
- I live and move in a safe and secure world.
- I accept myself and create peace in my mind and heart.
- I rise above thoughts that attempt to make me angry or afraid.
- I have the power to make changes.
- I am always divinely protected.
- The universe protects me and keeps me safe.

# SAFETY & FEELING GROUNDED

- I am deeply centered and peaceful in life. It is safe for me to be alive and joyous.
- I am healthy. I am strong.
- I can relax in the warm comfort of the Universe.
- I am extremely comfortable and calm.
- The Universe keeps me safe.

The world is a safe place for me to be.

# CHANGE

- Change is the natural law of my life. I welcome change.
- I am willing to change, I choose to change my thinking.
- I move from the old to the new with ease and with joy.
- Changing my thoughts makes me feel good.
- All the changes in life that lie before me are positive ones. I am safe.

I now create  
a life I love to  
look at.

# CONFIDENCE

- I will face the world with confidence.
- I now go beyond other people's fears and limitations.
- I claim my power and move beyond all limitations.
- Life supports me in every possible way.
- I forgive myself for not being perfect.
- I do not have to prove myself to anyone.
- I am proud of my courage.

I am  
confident.

I am in  
charge, I  
now take  
my own  
power  
back.

# GROWTH

- I choose to do things consciously and well.
- I will forgive myself when I make mistakes.
- There are always opportunities for me to grow.
- Problems are chances for me to become stronger.
- Today I live with a purpose and my purpose lights my path!
- Grounded in this moment, I am grateful for my progress.

*WRITE YOUR FAVORITES HERE*