



Top Affirmations

- ❖ I can, I can, I can, I can do it.
- ❖ I think of only positive things and positive things happen in my life.
- ❖ I know my worth. I deserve success and I get it.
- ❖ Life is beautiful. Life is fulfilling. I love life.
- ❖ I choose to radiate love, joy & gratitude today. I know life is too short to dwell on negativity. I walk in the light!
- ❖ I choose to take responsibility for my own happiness. I will not let anyone “make” me angry today. I am in control!
- ❖ I am committed to the possibility of my own success. I take action on my goals now so I can have the lifestyle I want.
- ❖ I honour my need to rest and recharge. I am committed to finding at least one hour of “me” time today!
- ❖ I am comfortable asking for what I want because I know I deserve it. I choose to honor my desires today and always.
- ❖ I can achieve whatever I want. I can have what I desire. Everything is possible.
- ❖ No matter what happens today, I will remember the truth that I am beautiful, powerful and free.
- ❖ I trust my inner wisdom and intuition. I am the only one who knows what’s best for me.
- ❖ Instead of complaining about not having ENOUGH time today, I will use the time I DO have in a way that honours my values and goals.
- ❖ I release my desire to be “perfect.” I am already good enough to be loved & accepted. I know I am worthy just as I am!
- ❖ I am right where I need to be. I embrace the challenges & opportunities facing me right now. I choose to learn & grow!
- ❖ I honour my desire to reach my goals. By doing at least ONE thing everyday, I make consistent progress toward my dreams!
- ❖ Instead of being discouraged by how far I still have left to go, I choose to be grateful for how far I’ve already come.

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- ❖ I refuse to allow myself to be overcommitted. I say NO quickly and easily. I protect my “me time” because I deserve it.
- ❖ I am in the right place at the right time. I am on the right path and I trust myself to make the right decisions.
- ❖ I am beautiful and worthy of every truly beautiful thing.
- ❖ I am ready to let go of everything that no longer serves me. I choose to walk the bright path to my own happiness.
- ❖ Today, I am brimming with energy and overflowing with joy.
- ❖ My body is healthy; my mind is brilliant; my soul is tranquil.
- ❖ My marriage is becoming stronger, deeper, and more stable each day.
- ❖ I possess the qualities needed to be extremely successful.
- ❖ My business is growing, expanding, and thriving.
- ❖ Creative energy surges through me and leads me to new and brilliant ideas.
- ❖ Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given.
- ❖ My thoughts are filled with positivity and my life is plentiful with prosperity.
- ❖ Today, I abandon my old habits and take up new, more positive ones.
- ❖ Though these times are difficult, they are only a short phase of life.
- ❖ I radiate beauty, charm, and grace.
- ❖ I wake up today with strength in my heart and clarity in my mind.
- ❖ My fears of tomorrow are simply melting away.
- ❖ I am at peace with all that has happened, is happening, and will happen.
- ❖ I am the perfect mother for my baby.
- ❖ Today I choose to honour my beauty, strengths and uniqueness as a mum.
- ❖ I am growing into a more beautiful mum every day.
- ❖ I have the strength to take care of all of my baby's needs.
- ❖ I grow in strength with every forward step I take into motherhood.
- ❖ I believe in myself as a capable and wonderful mother.
- ❖ Today I present my love, passion, and joy to motherhood.
- ❖ Today I release expectations of perfection.
- ❖ My mother's intuition leads me to the right choices.
- ❖ I am grateful for the baby in my life.
- ❖ I treat myself with kindness and respect.

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- ❖ I am a strong and loving mother.
- ❖ I have unlimited patience.
- ❖ I easily adapt to the changes that new motherhood brings.
- ❖ I allow others to help me with tasks.
- ❖ Being a good mum means I nurture myself and take care of my needs also.
- ❖ I love and accept all of my thoughts and feelings.
- ❖ If I do nothing today besides hug my kids, then I've done enough.
- ❖ I'm not the perfect mother, but I'm exactly the one my children need.
- ❖ The decisions made by other mums do not need to dictate mine.
- ❖ I respect my children; I respect myself.
- ❖ Being a good mum takes courage, and today I'm feeling brave.
- ❖ Today I will be the type of person I would like my children to become.
- ❖ Not loving every moment of motherhood doesn't mean I don't love being a mum.
- ❖ I love my kids even when I don't particularly like them.
- ❖ As I teach my kids today, I'll also be open to the lessons they can teach me.

<http://happyblackwoman.com/70-affirmations-to-help-you-stay-positive-focused-and-motivated/>
http://www.huffingtonpost.com.au/entry/affirmations_b_3527028
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