



HARNESSING THE POWER OF

Positive Affirmations

Positive affirmations are short, powerful statements that help you to control your thoughts, overcome negative patterns, & reinforce a belief in yourself.



*Why
Affirmations
Matter:*



Rewire Thought Patterns: With repetition, they can change the neural pathways in your brain.



Counteract Negativity: They're a tool to fight back against self-doubt & fear.



Fuel Growth: Affirmations can serve as reminders of your capability & potential.



28 Affirmations for Manifestation

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	I am a magnet for miracles and blessings.	I release all doubt and embrace infinite possibilities.	I radiate love and positivity in every direction.	I am a vessel of love, joy, and positive energy.
2	Abundance flows effortlessly into my life.	The universe conspires in my favour.	I am a magnet for success and prosperity.	My life is filled with love, abundance, and happiness.
3	I trust in the process of life and let go of resistance.	I am a powerful creator, and my thoughts shape my destiny.	Wealth and success are natural outcomes of my positive mindset.	I am surrounded by supportive and empowering individuals.
4	I attract positivity and joy with every breath I take.	I attract love, happiness, and abundance into my life effortlessly.	Every challenge I face is an opportunity for growth and success.	I am grateful for the abundance that is flowing into my life.
5	I am worthy of success and prosperity.	My heart is open to receiving the abundance of the universe.	I trust the journey, even when I do not understand it.	I am open to receiving all the goodness the universe has for me.
6	My thoughts create my reality, and I choose positive ones.	I am in alignment with the energy of abundance.	My dreams are manifesting into reality right now.	I radiate confidence, self-respect, and inner harmony.
7	Every day, I am moving closer to my dreams.	I am deserving of all the good things life has to offer.	I attract positive, loving relationships into my life.	I am the architect of my reality, and I build a life of joy and success.