# The Daily Affirmation Handbook

RESOURCE CHEAT SHEET

**The Law of Attraction** – a comprehensive resource guide on how to use the Law of Attraction and affirmations to manifest all your life's desires. It provides educational resources, tools, exercises, and a community of 6.8 million members that you can connect, share, and be inspired with.
http://www.thelawofattraction.com/

**How to Use the Law of Attraction in Daily Life** – a detailed article on how you can use the Law of Attraction daily to manifest your dreams and live the life you've always desired.
http://www.thelawofattractionworld.com/daily-life/

**Using Affirmations** – an article on how to harness the power of positive thinking to help you manage stress and live the life of your dreams.
https://www.mindtools.com/pages/article/affirmations.htm

**A Better Way to Use Positive Affirmations: A Six-Step Process** – a comprehensive article on how to use positive affirmations and make them more effective.
https://daringtolivefully.com/positive-affirmations

**The Power of Positive Affirmations** – an article that discusses what positive affirmations are and what they are not and how they can benefit you by improving your inner dialog.
https://www.thrivetalk.com/positive-affirmations/

**How to Heal Negativity with the Power of Positive Affirmations** – a detailed guide on how you can use positive affirmations to help you heal and overcome the negativity in your life and manifest your dreams.
https://www.prolificliving.com/power-of-positive-affirmations/

**Daily Positive Affirmations: Uplifting Words to Live By** – an article that talks about the power of positive affirmations and provides affirmations that you can use to positively impact your life.
https://blog.udemy.com/daily-positive-affirmations/

**50 Positive Affirmations for Success –** a list of powerful positive affirmations to help you manifest success and prosperity in your life.
http://www.makeavisionboard.com/affirmations-for-success/

**Affirmations Exercises and Tools** – a list of exercises and tools that you can use to start incorporating positive affirmations into your life so that you can manifest all your greatest desires.
http://www.law-of-attraction-guide.com/affirmation-exercise.html

**Daily Positive Affirmations** – a site that provides daily affirmations to uplift your day from best-selling author Louise Hay.
https://www.louisehay.com/affirmations/

**Positive Affirmations: A Positive Thinking Technique for Change** – explains why developing a positive mindset is a powerful life strategy and how you can develop one with the help of daily positive affirmations.
http://www.vitalaffirmations.com/

**What are Affirmations and How to Use Them –** provides information on what affirmations are, what they do, and how you can use them to affect positive changes in your life and manifest all your heart's desires.
https://www.successconsciousness.com/affirmations.htm

# Books on Using Positive Affirmations Daily

**A Year of Positive Thinking** by Cyndie Spiegel – Learn how to transform your mindset and motivate positive changes in your life with one thought, one day, and one year at a time. Transform your life with the daily affirmations and meditations provided.

**The Power of Positive Thinking** by Norman Vincent Peale – one of the most recognized books on positive thinking in the world that has helped millions of people realize that their dreams lie within their ability to practice full faith in everyday actions and how they can manifest all their hopes and ambitions.
https://www.amazon.com/Power-Positive-Thinking-Norman-Vincent/dp/0091947456/ref=sr_1_1?keywords=the+power+of+postive+thinking&qid=1556569793&s=gateway&sr=8-1

**Positive Affirmations: Daily Affirmations for Attracting Health, Healing, and Happiness Into Your Life** by Rachel Robins – discover what positive affirmations are and why they are so powerful at affecting change. Also learn how to integrate positive affirmations into your daily life effortlessly.
https://www.amazon.com/Positive-Affirmations-affirmations-attracting-happiness/dp/150045995X

**Affirmations and Visualizations: The Ultimate Secret** by Sakshi Chetana – a practical and comprehensive guide to positive affirmations and creative visualization that contain a wealth of tips, instructions and exercises for improving your life.
https://www.amazon.com/gp/product/9382123156/ref=x_gr_w_glide_bb?ie=UTF8&tag=x_gr_w_glide_bb-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=9382123156&SubscriptionId=1MGPYB6YW3HWK55XCGG2

# Courses On Positive Affirmations

**Positive Daily Affirmations For You To Do on The Go** – learn how to retrain your mind in a positive way and gain a fantastic knowledge about affirmations.
https://www.udemy.com/positive-daily-affirmations-for-personal-spiritual-growth/

**Build Confidence Through the Power of Affirmations** – learn how to use positive affirmations to empower, to create abundance, to boost your mood, and start and end each day right.
https://www.udemy.com/improve-your-life-now-using-positive-affirmations/

**Learn Affirmations to Achieve Success in Your Life** – learn how to ask positive questions and give yourself positive suggestions to help you build the confidence you need to find success in your life and manifest your dreams.
https://www.udemy.com/learn-affirmations-to-achieve-success-in-your-life/

# Positive Affirmation Podcasts

**Affirmation Pod** – a podcast dedicated to personal development and life transformations that will help you set yourself up for success, one affirmation at a time. Start managing your negative thinking, limiting beliefs, and your inner critic.
https://player.fm/series/affirmation-pod

**Active Affirmations** – a podcast dedicated to helping you break through your fears and limiting beliefs through the use of movement and positive thinking.
https://player.fm/series/active-affirmations

**The Divergent Mind: Positive and Motivational Mindset** – a motivational podcast that will help you break free from our limiting believes to become extraordinary. The podcast focuses on topics like the motivation, the law of attraction, positive mindsets and dreaming big.
https://player.fm/series/the-divergent-mind-positive-motivational-mindset

**Positive Word Power: Affirmations that Work** – a podcast that focuses on creating affirmations that work. Each episode provides a new empowering affirmation and the exact guidance on how to energize the affirmation to experience the health, happiness, and success you desire.
https://player.fm/series/positive-word-power-affirmations-that-work

**Positively Affirmative Radio -** a podcast that affirms you with information, education, and resources in the areas of career development, self-care, business building, and wealth consciousness challenges and solutions.
https://player.fm/series/positively-affirmative-radio

# Videos on Positive Affirmations and Manifesting Desires

**Manifest Your Deepest Desires** – Dr. Wayne Dyer teaches the secrets on how to manifest your deepest desires by being able to achieve your true self with self-actualization. He explains how to use the powerful words “I am” to make dramatic changes in your life.
https://www.youtube.com/watch?v=4YbuyBRHIVw

**6 Steps to Manifesting Your Desires: How to use Law of Attraction and How to Manifest** – a short video providing you with the steps you need to take to manifest your desires with the help of the Law of Attraction.
https://www.youtube.com/watch?v=8w309ztoPLU

**Stop Negative Thinking** – a video that teaches you how to use positive affirmations to stop negative thoughts and worry.
https://www.youtube.com/watch?v=rli4MtRGJOw