



### Affirmations for Love Being Me

*Affirmations are a way of focusing on what we want and wiring our brain to notice it when it arrives. They change the way your brain works. Say them often, out loud. Stick them on your computer, next to the kettle. If they don't quite feel true yet, say them 'as if' they were true and see what changes over time.*

I am **L**oved, I am loving, I am love

I create and seize inspiring and creative **o**pportunities which support my higher purpose

My body is **v**ital, healthy, sexy and strong.

**E**very day is filled with love, joy and peace

I am **b**rave, bright, bountiful and beautiful

I use my **e**nergy in positive and creative ways

The universe supports my highest **i**ntentions,

**N**ow, in this moment, all is well, life loves me

I am **g**rowing and changing in ways that delight and excite me

**M**y life is radiant and loving. I am connected to my higher purpose and am supported in all that I do.

I inhale and breathe in peace. I **e**xhale and breathe out love.



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