

Self-Affirmations

6 Core Life Areas

Practicing self-affirmations daily allows us to literally change the thought patterns and neural pathways within our brains. By repetitively repeating our self-affirmations, we can move our thought process from a negative state to a more positive state.

Below is a list of self-affirmations for each of the six core life areas. These six core life areas are the focus of the Design Your Fulfilled Life Program here at Jennifer Shreckengost Coaching. This self-affirmation guide is designed to give you a jump start on identifying your new self-affirmations, but of course you may write your own.

Remember to write your self-affirmations a step above from where you are right now. You want your affirmations to sit well with you, to feel attainable. As you grow, and as your beliefs improve, you can adjust your affirmations.

Self-Affirmations

Core Life Area 1: Romance & Relationships

I embrace vulnerability in order to have true connection with my partner

I let go of my ego in my relationship

I release grudges and resentment

I have healthy boundaries with my partner

I clearly and openly communicate with my partner

I listen to my partner without judgement

I am able to be authentic in my relationship

I love my partner exactly how he/she is

I embrace emotional intimacy with my partner through both talk and touch

I practice patience and grace with my partner

I treat my partner the same way I wish to be treated

I avoid casting blame and instead embrace communication and understanding

Self-Affirmations

Core Life Area 2: Health

I am worthy of a healthy body

Every day in every way I am approaching my healthy body

I love myself unconditionally at every step of my health journey

I respect and love my body

I nourish my body with healthy foods

I speak positively about my body

My body is not a reflection of my worth

I listen to what my body needs for health and vitality

I embrace rest and sleep as a vital part of health

I surround myself with people who support my health

With every breath I release stress and anxiety from my body

Life is beautiful and I enjoy life by honoring my health

Self-Affirmations

Core Life Area 3: Career & Finances

I expect to be successful in all my endeavors. Success is my natural state

There is no limit to the amount of money I am capable of earning

Money is the servant, I am the master

I am capable of having money without spending it

I know exactly what I need to do to achieve success

Mistakes and setbacks are stepping stones to my success because I learn from them

I have an intention for success and know it is a reality awaiting my arrival

Every day in every way, I am becoming more and more successful

I am enough, I am competent in my skills

Money is good, I adore money

I am in complete charge of planning for my future

I am a money magnet and attract wealth and abundance

Self-Affirmations

Core Life Area 4: Lifestyle & Social

I feel joy and contentment in this moment right now

I have fun with all my endeavors, even the most mundane

I look at the world around me and can't help but smile and feel joy

All my friendships are meaningful and rewarding

I find exciting, like-minded friends every day

I naturally attract positive relationships into my life

I live in the moment

I accept who I am and am genuinely me in friendships

I am always able to find a reason to smile

I bring the gift of laughter into people's lives

I know that my happiness is only dependent upon how I feel in this moment

I laugh frequently and freely

Self-Affirmations

Core Life Area 5: Family

I take care of my needs to be the best version of myself for my family

I am a great parent just as I am

Our home is a place of peace

I have patience

I am grateful for how much cooperation we experience as a family

I am setting a great example for my children

My family is in support of my ambitions and goals

I am loved and accepted by my parents for who I AM and all that I AM

I am grateful for every member of my family

I peacefully let go of past thoughts and feelings that no longer serve me

I let go of comparing our family to others

I feel supported by my family

Self-Affirmations

Core Life Area 6: Inner-Self

Every day I am more and more at ease

I transcend stress of any kind. I live in peace

I observe my emotions without getting attached to them

I release the past and live fully in the present moment

I surround myself with peaceful people

I act from a place of personal security

My confidence, self-esteem, and inner wisdom are increasing with each day

I fill my mind with positive and nourishing thoughts

I approve of myself and love myself deeply and completely

I live in the present and am confident of the future

I am well groomed, healthy and full of confidence. My outer self is matched by my inner well being

I believe in my ability to unlock the way and set myself free