

A woman with long blonde hair, wearing a white lace-trimmed dress, stands on a rocky cliffside. She is looking upwards towards a bright sun that is low on the horizon, creating a strong lens flare and illuminating her hair. The background shows a body of water with several dark, jagged rock formations. The overall mood is serene and inspirational.

**AFFIRMATIONS  
FOR DEEPER  
SELF LOVE**



# YOUR MIND IS POWERFUL

Have you ever watched the film “What the Bleep Do We Know!?” Or read “The Secret”?

Mindset has everything to do with your health and happiness.

- A positive mind can shift a sick and diseased body to a healthy one.
- A positive mind can help the body effortlessly lose weight.
- A positive mind can manifest the life you want and deserve.

One tool for boosting your mindset is affirmations. I have found affirmations useful when it comes to my life, my health, my happiness, and my finances.

Here are some of my favorite affirmations by Louise Hay. Say one or even five a day. Manifest your life. You are powerful, and so are your thoughts.

“I am in the right place, at the right time, doing the right thing.”

“Every thought we think is creating our future.”

“You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we're not. We always have the power of our minds...Claim and consciously use your power.”

“I have never understood the importance of having children memorize battle dates. It seems like such a waste of mental energy. Instead, we could teach them important subjects such as How the Mind Works, How to Handle Finances, How to Invest Money for Financial Security, How to Be a Parent, How to Create Good Relationships, and How to Create and Maintain Self-Esteem and Self-Worth. Can you imagine what a whole generation of adults would be like if they had been taught these subjects in school along with their regular curriculum?”

“Love is the great miracle cure. Loving ourselves works miracles in our lives.”

“I say ‘Out’ to every negative thought that comes to my mind. No person, place, or thing has any power over me, for I am the only thinker in my mind. I create my own reality and everyone in it.”



“No matter where we live on the planet or how difficult our situation seems to be, we have the ability to overcome and transcend our circumstances.”

“I am willing to release the need to be unworthy. I am worthy of the very best in life, and I now lovingly allow myself to accept it.”

“I have noticed that the Universe loves Gratitude. The more Grateful you are, the more goodies you get.”

“Remember, you have been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”

“In the infinity of life where I am,  
All is perfect, whole and complete,  
I no longer choose to believe in old limitations and lack, I now choose to begin to see  
myself  
As the Universe sees me – perfect, whole, and complete.”

“The point of power is always in the present moment.”