



Your partner in creating the life
& wellness you desire & deserve

31 POSITIVE AFFIRMATIONS

I am
enough

TO USE EVERY MONTH
THROUGHOUT THE YEAR

By Karen Blackburn



31 POSITIVE AFFIRMATIONS

Bring positive energy into your life each day with these 31 powerful positive affirmations. By saying these affirmations either in your head or out loud each day, you'll feel more positive, less stressed & more empowered.

Repeat monthly for a whole year of positivity.

You're an amazing person who deserves the bright future you desire, you've got this!

Visit me at www.kbct.co.uk to find other ways I can help.

Karen

01

I am perfect
exactly as I am

02

I love myself
completely

03

I can achieve
everything I
desire

04

I am worthy &
enough

05

My life is full of
blessings &
abundance

06

I am a magnet
for all good
things

07

I do the best I
can

08

I am strong
enough to deal
with anything

09

I can overcome
all challenges

10

I am living my
best life

11

I believe in
myself

12

I am safe &
supported

13

I am capable of
making healthy
choices

14

I deserve to be
loved

15

I am proud of
myself

16

I take care of
myself in all
ways

17

I accept myself
as I am

18

I am a work in
progress & that
is okay

19

I know my
worth

20

It is okay to say
no when I want
to

21

I let go of what
no longer serves
me

22

It is safe to
speak my truth

23

I am confident
in who I am

24

I am beautiful
inside & out

25 I live my life with
authenticity

26 I am exactly
where I need to
be right now

27 I am unique &
don't compare
myself to others

28

I choose to be
positive

29

I am brave &
courageous

30

I am powerful &
successful

31

I am in control
of my destiny