



365

*Uplifting  
Affirmations*

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# 365 UPLIFTING AFFIRMATIONS

## Get inspired & be inspiring!

- Read one affirmation a day to uplift yourself.
- Post them each day on your socials to uplift your followers.
- Share them with your friends and family to uplift your community.

## CONFIDENCE AND SELF-ESTEEM AFFIRMATIONS

1. I grow more confident and stronger each day.
2. I am the architect of my life. I design its structure.
3. I build my life's foundation and choose its contents.
4. I love myself and feel great about myself.
5. I accept myself unconditionally.
6. I see problems as interesting challenges.
7. I radiate confidence.
8. I thrive on challenges that bring out the best in me.
9. I have confidence in my abilities and skills.
10. I make sound decisions.
11. I am bold and courageous.
12. I face difficulty with courage.
13. I am worthy of happiness and love.
14. I am optimistic about the future.
15. The future holds all kinds of pleasant surprises.
16. I trust in my ability to create a fabulous future.
17. I replace worries with excitement and optimism.
18. I have all it takes to make my dreams a reality.
19. I am a kind and unique person with a lot to offer.
20. I enjoy my own company as I get in touch with my true self.
21. I rejuvenate every part of my being with the help of solitude.
22. I am at peace and happy when I'm alone.

23. I brighten another person's day by doing something with them.
24. My intuition and wisdom guide me in the right direction.
25. I have faith in myself to make the best decision possible.
26. I have confidence in my decisions.
27. I make decisions that lead to something positive
28. I practice my skills each day to reach greatness.
29. I believe in my ability to overcome setbacks.
30. I replace negative criticism with encouraging statements.
31. Even my "flaws" have good and helpful aspects.
32. I always do my best because it helps me grow.
33. I feel the love of those who are not physically with me.
34. I take pleasure in my own solitude.
35. I love and approve of myself.
36. I focus on breathing to ground myself.
37. Following my intuition and my heart keeps me safe and sound.
38. I make the right choices every time.
39. I draw from my inner strength and light.
40. I trust myself to be honest with myself and others.
41. I am a unique child of this world.
42. I am an inspiration to others.
43. I matter and what I have to offer also matters.
44. I trust my inner wisdom and intuition.
45. I breathe in calmness and breathe out nervousness.
46. This situation works out for my highest good.
47. Wonderful things unfold before me.
48. I forgive myself for things I have done in the past.
49. I let go of my anger so I can see clearly.
50. I accept responsibility for the consequences of my anger.
51. I replace my anger with understanding and compassion.
52. I offer a heart-felt apology to those affected by my anger.
53. I know my wisdom guides me to the right decision.

## RELATIONSHIPS AND LOVE AFFIRMATIONS

1. My partner is coming into my life sooner than I expect.
2. My heart is always open.
3. I am surrounded by love.
4. I love unconditionally and without hesitation.
5. I am loved and appreciated by those around me.
6. Love and appreciation follow me everywhere I go.
7. Love, forgiveness, and understanding are the foundation of my relationships.
8. I give and receive love in equal measures.
9. I accept my partner unconditionally.
10. I am treasured for who I really am.
11. My relationship is becoming stronger, deeper, and more loving.
12. My friendships are meaningful, supportive, and rewarding.
13. My friends love me for who I am.
14. I have long-lasting friendships because I accept others, unconditionally.
15. I attract positive people, who become life-long friends.
16. I surround myself with friends who care about me and treat me well.
17. I can tell the difference between fair-weather friends and true friends.
18. I surround myself with people who treat me well.
19. I take the time to show my friends that I care about them.
20. I take great pleasure in my friends and our differences.
21. I feel relaxed and comfortable around other people.
22. I enjoy meeting new people and initiate conversations.
23. I am outgoing and enrich other people's lives.
24. I'm easy to talk to and make others feel at ease.
25. I take comfort in the fact that I can always leave a situation.
26. I am amazed by the creativity of the people I meet.
27. I radiate love and others reflect love back to me.
28. I am loving and lovable.
29. My romantic relationship is healthy, long lasting, and full of love.

30. My partner is kind, compassionate, and understanding.
31. My relationship grows stronger, deeper, and more stable each day.
32. I am with my soulmate and we share a life full of love.
33. Life is full of love and I find it everywhere I go.
34. My partner and I have a deep understanding.
35. Forgiveness and compassion are the foundation of my relationship.
36. My words are always kind and loving.
37. I receive kindness and love multiple times a day.
38. Every day of my life is filled with love.
39. My communication with my partner is loving and kind.
40. Everything about me is lovable and worthy of love.
41. I am a loving, kind person who deserves true love.
42. I face each day with the support and love of my partner.
43. My relationships are based on mutual love and compassion.
44. My partner and I share a deep and powerful love.
45. I respect and admire my partner and see the best in him/her.
46. I love my partner and enjoy their unique qualities.
47. My partner and I share emotional intimacy via talk and touch.
48. I have healthy boundaries with my partner.
49. My partner and I find new ways to enjoy time together.
50. My partner and I resolve conflict peacefully and respectfully.
51. I can be completely authentic in my love relationship.
52. I communicate my desires and needs clearly and confidently with my partner.

## PROSPERITY AND ABUNDANCE AFFIRMATIONS

1. Abundance and prosperity is my birthright and I have it.
2. Abundance and I are one.
3. I accept being abundant and prosperous as a way of life
4. I achieve whatever I set my mind to
5. I allow all good things to come into my life and I enjoy them.
6. I always have enough money.
7. I always have whatever I need.
8. I am a good steward of the abundance and wealth provided.
9. I am a money magnet, attracting wealth and abundance.
10. I am aligned with my purpose.
11. I am aligned with the energy of abundance.
12. I am eternally thankful to the universe for the fulfillment of my abundance and prosperity goals.
13. I am destined to find prosperity in everything I do.
14. I am grateful for the positive things in my life
15. I am in a state of fulfillment, having an abundance of love and joy in my life.
16. I am more and more prosperous every day.
17. I am open to all the wealth life has to offer.
18. I am open to limitless possibilities
19. I am prosperous, healthy, and happy.
20. I am sometimes meant to deliver a gift/blessing rather than keep it.
21. I am surrounded by abundance.
22. I am thankful for the abundance I have in my life.
23. I am worthy of the wealth I desire.
24. I am worthy of what I desire
25. I attract lucrative opportunities to create money.
26. I attract money effortlessly and easily.
27. I believe in myself
28. I boldly conquer money goals.
29. I can achieve greatness.
30. I continuously discover new avenues of income.
31. I create prosperity easily and effortlessly.
32. I deserve abundance and prosperity.
33. I embrace the mystery of life.

34. I enjoy my prosperity and share it freely with the world.
35. I instantly manifest my desires.
36. I keep my wealth so I can help others.
37. I manage my money wisely.
38. I pay bills before they are due to share the wealth with the company's employees.
39. I rejoice for others who are prosperous and share the abundance.
40. I release all resistance to attracting money.
41. I see abundance everywhere.
42. I surrender to the wisdom of the universe.
43. I use money to better other people's lives.
44. I'm eager and willing to share abundant gifts and blessings.
45. My actions lead to abundance and prosperity.
46. My gratitude and appreciation attract abundance of every kind.
47. My life is full of prosperity.
48. My thoughts are always about abundance and prosperity.
49. Prosperity and I are one.
50. Prosperity overflows in my life.
51. The entire universe is conspiring to make me prosperous and abundant.
52. Today is the future I created yesterday. Tomorrow will be even better!

## HEALTH AFFIRMATIONS

1. Every day I get healthier and more fit.
2. Everything I think, say, and do makes me healthier.
3. I am completely pain free and my body is energized.
4. I am filled with excitement when I look in the mirror.
5. I am grateful for my life force and energy.
6. I am healthy, energetic, and optimistic.
7. I am surrounded by people who encourage and support healthy choices.
8. I am thankful for the shape of my body.
9. I am incredibly grateful I am at this weight.
10. I appreciate every cell in my body.
11. I appreciate my body's unique traits.
12. I breathe deeply, exercise regularly, and feed my body nutritious food.
13. I care for my body by eating a healthy, well-balanced diet.
14. I crave healthy, nutritious foods.
15. I crave new, healthy experiences.
16. I enjoy exercising and strengthening my muscles.
17. I exercise regularly to strengthen my body.
18. I love everything about my body.
19. I love the taste of fruits and vegetables.
20. I nourish my body with healthy foods.
21. I pay attention to what my body needs for health and vitality.
22. I release stress in my body with every exhaled breath.
23. I send love and healing to every organ of my body.
24. I sleep soundly and peacefully.
25. I stay up to date about my health issues.
26. I take care of my body and exercise every day.
27. My body is beautiful and appealing.
28. My body is healing, and I feel better every day.
29. My body is healthy and full of energy.
30. My body systems function perfectly.
31. My body vibrates with energy and health.

32. My body, mind, and soul work together efficiently to keep me healthy.
33. My immune system is strong and deals with any bacteria, germs, or viruses.
34. People find me sexy and desirable.
35. I enjoy the foods that are best for my body. I love every cell of my body.
36. I look forward to a healthy old age because I take loving care of my body now.
37. I am constantly discovering new ways to improve my health.
38. I return my body to optimal health by giving it what it needs on every level.
39. I am pain free and totally in sync with life.
40. My body is always doing its best to create perfect health.
41. I balance my life between work, rest, and play. They all get equal time.
42. I am grateful to be alive today. It is my joy and pleasure to live another wonderful day.
43. I trust my intuition. I am willing to listen to that still, small voice within.
44. I get plenty of sleep every night. My body appreciates how I take care of it.
45. I lovingly do everything I can to aid my body in maintaining perfect health.
46. Perfect health is my Divine right, and I claim it now.
47. I devote a part of my time to helping others. It is good for my own health.
48. I make healthy choices. I have respect for myself.
49. I am grateful for my healthy body. I love life.
50. Filling my mind with pleasant thoughts is the quickest road to health.
51. My happy thoughts help create my healthy body.
52. I go within and connect with that part of myself that knows how to heal.

## WORK AND CAREER AFFIRMATIONS

1. Doors are opening for me
2. Every day spent searching takes me closer to my dream job
3. Every interview is a learning opportunity
4. Every interview takes me closer to my dream job
5. Every no for my wrong job takes me closer to my right job
6. Great things are happening in my career right now
7. I am a valuable member of my team
8. I am a valued employee.
9. I am achieving my career goals
10. I am an asset to any organization
11. I am attracting great opportunities
12. I am better businessman/businesswoman because of my mistakes.
13. I am building a successful business.
14. I am confident and calm in interviews
15. I am creating my dream career
16. I am enthusiastic and excited about my work.
17. I am open to new opportunities
18. I am rewarded for doing my best.
19. I am valued and appreciated at my workplace.
20. I am worthy of the career success I desire
21. I attract amazing career opportunities with ease
22. I attract new clients every day.
23. I believe in my ability to change the world with the work that I do.
24. I create value with my services.
25. I deserve to be happy in my career
26. I engage in work that inspires others in my profession.
27. I enjoy and find my work fulfilling.
28. I further my career with every action I take.
29. I have my dream job.
30. I have plenty to offer and contribute to my job
31. I have the skills I need to step up in my career
32. I love every day that I work.

33. I perform my duties with the greatest diligence and attention.
34. I play a big role in my own career success.
35. I produce amazing results
36. I speak positively about my coworkers.
37. It's my time and I'm ready for the next step in my career
38. My boss values the work I do.
39. My business is a gift to this world.
40. My career brings me closer to my family.
41. My career supplies me the right opportunities to grow.
42. My clients appreciate and value my work.
43. My coworkers love being around me.
44. My coworkers speaking positively about me.
45. My enthusiasm about my job is contagious.
46. My job adds satisfaction and fulfillment to my life.
47. My job brings me financial abundance.
48. My positive attitude, confidence, and good work attract new opportunities.
49. My work has a profound impact on this world.
50. My work/business makes a profound difference in this world.
51. My workplace is peaceful and full of praise.
52. There are lots of great opportunities open to me

## MOTIVATION-ENCOURAGEMENT

1. Even though I have messed up in the past, I can still create a positive future.
2. Every choice I make leads to bigger and better opportunities.
3. Every day, I move forward on a track of healing and self-improvement.
4. I always find ways to get back on track.
5. I am confident that I can make the right decisions.
6. I am excited to see today's blessings revealed.
7. I am improving myself and getting closer to my goals every day.
8. I am in control of my life.
9. I am successful because I leave no stone unturned.
10. I am successful in whatever I do.
11. I attract success.
12. I believe in my ability to find and navigate the path that's right for me.
13. I believe in my ability to gain valuable insights from this situation.
14. I can become successful in life using lessons from mistakes.
15. I can choose to be happy, even if I'm not in a perfect situation.
16. I can keep my chin up.
17. I can remain calm, even if things go wrong.
18. I choose to free myself from all negativities that hampers my progress.
19. I choose to participate fully in my day.
20. I do the things I do because they are right for me.
21. I face difficulties with courage and determination.
22. I find optimistic ways of dealing with difficulties.
23. I find something positive about every situation.
24. I find the best solutions to problems by listening and learning from others.
25. I find ways to praise others and offer helpful suggestions.
26. I gain joy, fulfillment, and happiness from this day.
27. I gain valuable insights from today's experiences.
28. I have all it takes to make this day productive.
29. I have all the support and help I need.
30. I have compassion when others don't understand my dreams.
31. I have faith in my ability to pursue my dreams no matter what.
32. I help others accomplish their dreams.

33. I know what motivates me best and use it to my advantage.
34. I look at things from multiple perspectives to see the big picture.
35. I may make mistakes, but I can recover and keep going.
36. I press on because I believe my path will prepare me for success.
37. I pursue success that is personalized specifically for me.
38. I release my need to have the approval of others.
39. I remind myself why I want to achieve my goal, so I don't give up.
40. I seek a new way of thinking about this situation.
41. I take a break from the problem to let my subconscious find the answer.
42. I use strategies that motivate me to move forward.
43. I will act with confidence and peace of mind.
44. I will face the world with confidence.
45. I will not be held back by unnecessary apprehension.
46. I'm freeing myself from fear and stress.
47. I've gone through hard times before, and I can overcome them again.
48. It is always too early to give up on my goals.
49. My answer is before me, as I look carefully at the details.
50. My family and friends support me, even if they don't share my dreams.
51. New and exciting opportunities manifest in my life continually.
52. I will persevere because my goals are worth pursuing.

## PEACE AND HAPPINESS

1. My most important goal is to be at peace, regardless of the situation.
2. I make a conscious choice to be happy.
3. My body is relaxed. My mind is calm. My soul is at peace.
4. I feel joy and contentment in this moment.
5. I awaken feeling happy and enthusiastic about life.
6. I can tap into a wellspring of inner happiness anytime I wish.
7. I inspire myself and others to be happy by modeling how to do it.
8. I have fun in all my endeavors, even the most mundane.
9. I look at the world around me and can't help but smile and feel joy.
10. I find joy and pleasure in the simple things of life.
11. I have an active sense of humor and love to laugh with others.
12. My heart is overflowing with joy.
13. I am brimming with energy that lifts my spirits throughout the day.
14. I rest peacefully and soundly, knowing all is well in my world.
15. I focus on the details of the present moment.
16. I am focused and engaged in the current task.
17. I am grateful for this moment, which enriches my life.
18. I observe my thoughts and actions without judging them.
19. I participate fully in all of my relationships.
20. I make even everyday events memorable, happy occasions.
21. I accept and embrace all experiences, even unpleasant ones.
22. I observe my emotions without getting attached to them.
23. I meditate easily without resistance or anxiety.
24. I release the past and live fully in the present moment.
25. I stay calm in frustrating situations.
26. I forgive myself and others.
27. I am at peace with my past, present, and future.
28. Compassion and understanding help me to overcome anger and gain peace.
29. My intuition and inner wisdom guide me in every situation

30. I inhale deeply and let peace and happiness fill my mind and body.
31. I am responsible for my own happiness, so I've got this covered.
32. I feel wonderfully peaceful and relaxed.
33. I let go of everything that worries me to make room for peace and happiness.
34. My mind is at peace and all tension has left my body.
35. I can fall into a deep and relaxing sleep.
36. I am so relaxed I am ready to fall asleep.
37. I breathe deeply and close my eyes to find that peaceful sleep is only a few blinks away.
38. I release my mind of thought until the morning.
39. I embrace the peace and quiet of the night.
40. I sleep soundly, deeply, and beautifully into this night.
41. I let go of worries that drain my energy.
42. I make smart, calculated plans for my future.
43. I am in complete charge of planning for my future.
44. I trust in my ability to provide for my family and their happiness.
45. I feel calmness and confidence wash over me with every deep breath I take.
46. Every day I am more peaceful and happier than the day before.
47. My calm and relaxed state energizes my whole being.
48. All the muscles in my body relax.
49. All negativity and stress evaporate from my body and my mind.
50. I breath in relaxation and breath out stress.
51. I remain calm and centered, even when there is chaos around me.
52. I have a calm inner peace that fills my mind and body.

# 7 Days Of Journal Prompts

## Sunday

What are 3 new things you'd like to try or learn more about?

## Monday

What are 10 words that describe your personality?

## Tuesday

What are 5 of your boundaries?

## Saturday

What are 5 qualities you admire in other people?

## Wednesday

What are 10 things you're passionate about?

## Friday

What are 3 things you'd like to improve about yourself?

## Thursday

What are 5 of your unique superpowers?





## Invite me to speak on your podcast or at your next event

I would love to share my stories and strategies with you and your audience. I love providing high value content and gifts to help people level up in their life and business for more impact and fulfillment.

**See my bio here:**

<https://www.inspiredinfluencers.com/bios/>



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