



WOMEN DOING IT AFRAID
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AFFIRMATIONS

ARRANGED BY
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- I wake up happy and excited every single day.
- Each day of my life is filled with joy and love.
- I am enthusiastic about every second of my life.
- Everything I do is fun, healthy and exciting.
- I am a beacon of love and compassion.
- Everyone sees how much joy and love I have for life.
- I crave new, healthy experiences.
- All of my relationships are positive and filled with love and compassion.
- I see others as good people who are trying their best.
- I find opportunities to be kind and caring.

- I easily accomplish all of my goals.
- I only desire things that are healthy for me.
- I instantly manifest my desires.
- My thoughts and feelings are nourishing.
- I am present in every moment.
- I see beauty in everything.
- People treat me with kindness and respect.
- I am surrounded by peaceful people.
- My environment is calm and supportive.
- I am as God created me.
- Every day and in every way I am getting better and better.
- I am so grateful for my life.
- My life is a joy. I relax easily and open myself up to delightful surprises.