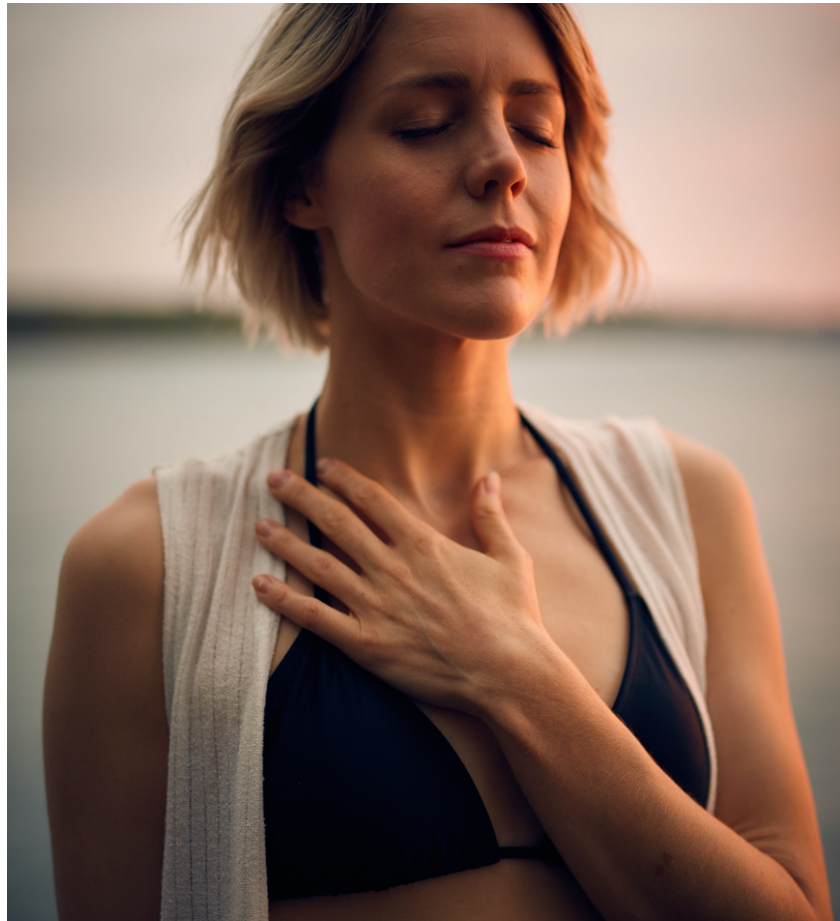
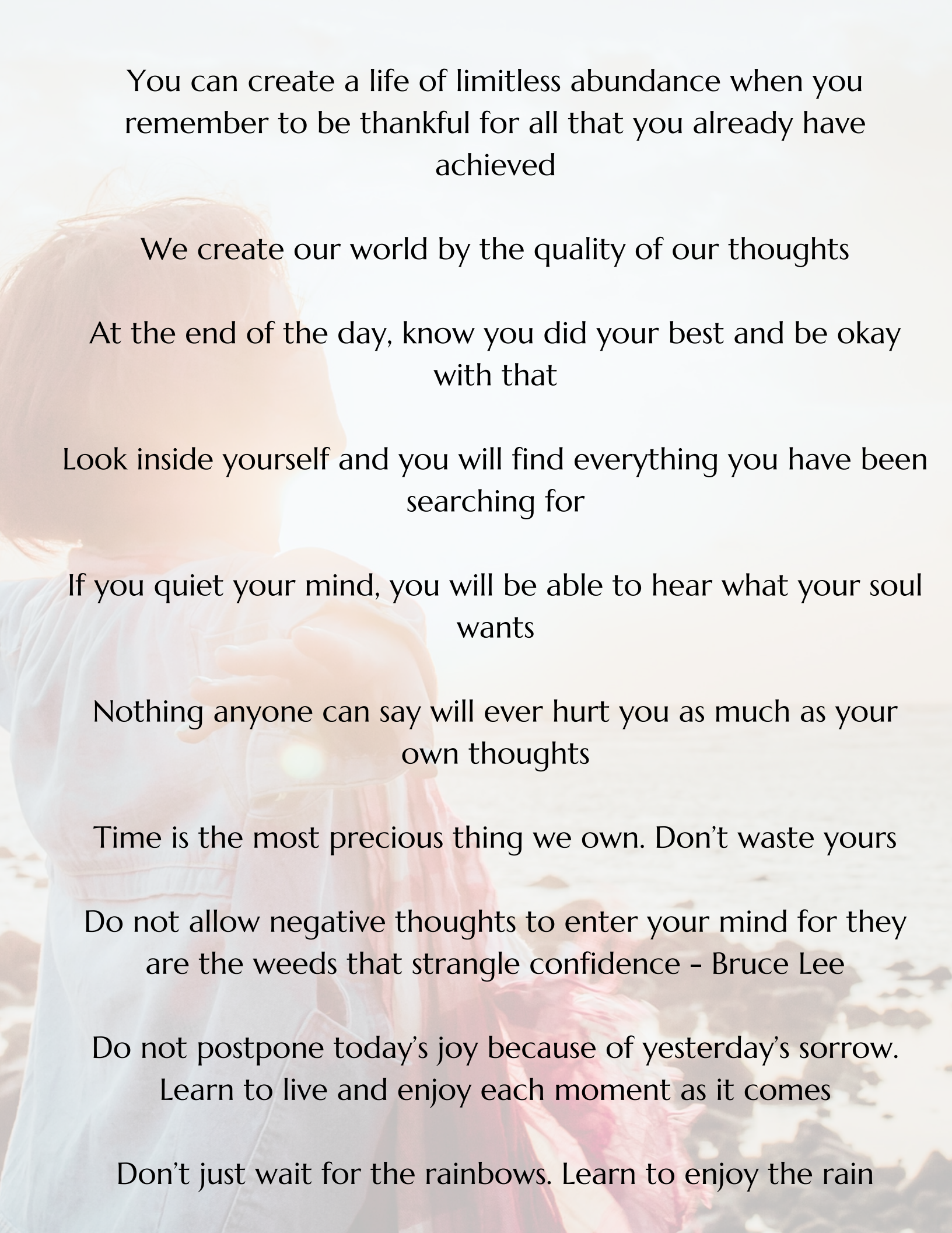


# 100 Positive Affirmations



by Susan Jackson, Wellness Coach

A person with long hair, wearing a white long-sleeved shirt, is seen from the back, looking out at the ocean. The scene is bathed in the warm, golden light of a sunset or sunrise, with the sun low on the horizon. The person's hands are clasped in front of them. The background shows the ocean and a rocky shore.

You can create a life of limitless abundance when you remember to be thankful for all that you already have achieved

We create our world by the quality of our thoughts

At the end of the day, know you did your best and be okay with that

Look inside yourself and you will find everything you have been searching for

If you quiet your mind, you will be able to hear what your soul wants

Nothing anyone can say will ever hurt you as much as your own thoughts

Time is the most precious thing we own. Don't waste yours

Do not allow negative thoughts to enter your mind for they are the weeds that strangle confidence - Bruce Lee

Do not postpone today's joy because of yesterday's sorrow. Learn to live and enjoy each moment as it comes

Don't just wait for the rainbows. Learn to enjoy the rain

Don't let the behavior of others destroy your inner peace  
- Dalai Lama

Life has a way of working out when you let yourself  
fearlessly enjoy the moment

Breathe and release anything that does not serve you

You'll appreciate the view more if you allow yourself to  
enjoy the climb

In hard times, the goal is to change your response to what  
you cannot control. To grow strong on the inside that  
nothing on the outside can affect your inner wellness  
without your conscious permission - Marcandangel

Take some time to recenter yourself

The basic root of happiness lies in our minds; outer  
circumstances are nothing more than adverse or  
favorable - Matthieu Ricard

Take a step back and reevaluate; are things really that  
bad or are you overthinking them?

Stop and look around. Appreciate the moments you have  
today, because tomorrow they will be gone.

The sunset is proof that even an ending can be a beautiful  
part of our lives.



You cannot control the present, you can only enjoy it.

The most precious gift we can offer is our presence. When mindfulness embraces those we love, they will bloom like flowers - Thich Nhat Hanh

Overthinking is a magnifying glass, it makes your problems seem bigger than they actually are

The world conditions the mind to doubt. Only the self can condition the mind to love.

It's okay to have anxious thoughts. Recognize them, accept them, but don't give into them

What you are thinking is what you are becoming - Muhammad Ali

The mind is a tricky thing. If you tell it to believe something, it will, so tell it how great you are.

A positive attitude is a magnet for positive results

You attract the energy that you give off. Spread good vibes. Think positively. Enjoy life.

Each day is a new chance to be a better version of yourself, choose to be great.

Switch your mentality from “I’m broken and helpless”  
to “I’m growing and healing” and watch how your  
life changes

Happiness is letting go of what you want your life to  
look like, and enjoying what it is today

Every morning, when you start your day, decide that  
this is going to be the best day of your life

Your life becomes amazing the minute you decide it  
already is

Believe in yourself and you will be unstoppable

Never let your own thoughts be your biggest  
obstacle to living a happy life

You are exactly where you are meant to be. Have  
faith in the universe’s big plans for you

What goes around comes around. Keep that circle  
positive. Say good words. Think good thoughts. Do  
good deeds

Make every day your favorite day

Let your pain fuel your purpose

Some storms come just to clear the path

When life throws rocks at you, lay them down and use them  
for achieving your wildest dreams

Every morning is an amazing opportunity to be better and to  
do better

Yesterday happened, so let it stay there and move forward

Less doubt, more faith

Stop worrying about the future. Allow yourself to relax and  
enjoy each moment as it comes

It's time to stop worrying about what others think about us  
and focus on what we think about ourselves

Take the time to see all the positive things in your life and  
end your day thankful

Do the best you can today, then do better tomorrow

Life is 10% what happens to you and 90% how you react to it  
- Charles R. Swindall

Surround yourself with people who only encourage you to  
keep going

Maybe not today, maybe not tomorrow - but someday you  
will see that this was part of the big plan

Have you ever noticed the more positive you think, the  
more positive you feel

Be brave enough to take the first step, be disciplined  
enough to take all the ones that follow

The less time you take making excuses, the more time you  
can spend working on your goals

Doing the work is an important part of manifesting

You may not be motivated 100% of the time, but you can  
be disciplined 100% of the time

Who's to say that this year won't be the year your hard  
work pays off

You already know what you need to do, act on it

Your level of discipline will determine your level of success

Confidence comes from being disciplined, and being disciplined puts you in charge of your mind

The results you want to see tomorrow will be based on the effort you put in today.

You can make excuses or you can make progress

Discipline, commitment, and control are all stepping stones to success

Every single day you should wake up and commit yourself to being a better person

When you cannot control what is happening around you, control what is happening inside you

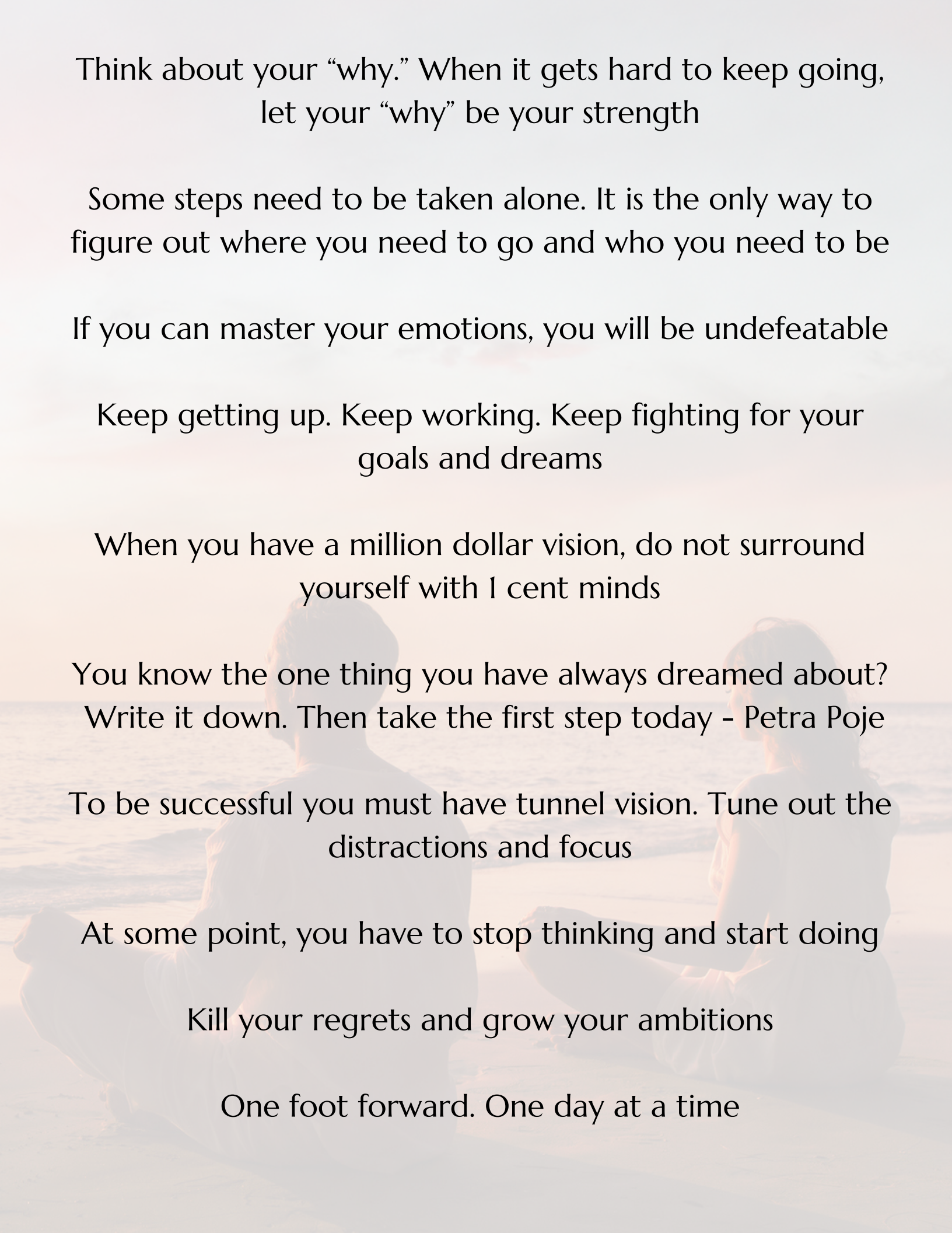
Wanting is not enough if you are not willing to work for it

Don't let anything hold you back, especially your mind

Stop getting in your own way! Do what needs to be done to reach your goals

Discipline gets you out of bed when everyone else is sleeping



A couple is seen from behind, sitting on a beach and meditating. They are facing the ocean under a soft, hazy sunset sky. The man is on the left and the woman is on the right, both in a lotus position. The overall mood is peaceful and contemplative.

Think about your “why.” When it gets hard to keep going,  
let your “why” be your strength

Some steps need to be taken alone. It is the only way to  
figure out where you need to go and who you need to be

If you can master your emotions, you will be undefeatable

Keep getting up. Keep working. Keep fighting for your  
goals and dreams

When you have a million dollar vision, do not surround  
yourself with 1 cent minds

You know the one thing you have always dreamed about?  
Write it down. Then take the first step today - Petra Poje

To be successful you must have tunnel vision. Tune out the  
distractions and focus

At some point, you have to stop thinking and start doing

Kill your regrets and grow your ambitions

One foot forward. One day at a time

Turn “I can’t” into “why not” and watch the world unfold at  
your feet

Stop looking at them as obstacles and start looking at them  
as opportunities

The road to success is not going to be easy. You must  
create a path that no one else is taking

If you want to be 100% certain, you will never be able to  
start

The goal is not to be better than the other man, but to be  
better than your previous self - Hindu Proverb

Let the first thought of the morning be “thank you.”

Peaceful mind, grateful heart

Do not spoil what you have by desiring what you have not -  
Ann Brashares

Release the self-doubt that holds you back. Allow yourself  
the confidence you need to boldly go after your dreams

Own your actions, or lack of. You are the only one  
responsible for taking the steps to achieve your goal

Asking for help to reach your goals isn't a weakness. It is intelligence

Wherever you are, be there 100%

The things you constantly think about eventually become part of your reality

Let go or be dragged - Zen Proverb

You will not reach your destination without a roadmap. Write down your goals, then break down the steps you need to take to achieve them

You will never talk to anyone else as much as you talk to yourself. Make sure your words are filled with love, compassion, and encouragement

Believe in yourself and you will believe in your future

Life always offers you a second chance. It's called tomorrow -  
Dylan Thomas

Life is about the journey, not the destination. So roll down the windows, turn up the music and enjoy the ride

Wake up and live - Bob Marley