

200 Powerful Positive Affirmations Volume II and 6 Super Chargers to Put Them to Work

By Andy Grant

“My mind is a tool I can choose to use any way I
wish.” ~ Louise Hay

Affirmation Stems

The field of positive psychology has a tool known as sentence stems, which was developed by Nathaniel Brand, they allow for great insights by giving you the beginning of a sentence that you finish 5 to 10 times and then review your completed sentences for lessons and insights.

Let's take the idea of stems and apply to them affirmations to help you in creating affirmations of your own. This way you will never need another book of affirmations – you can write your own!

For true freedom to be experienced, you must give up control. It is important to become aware of and to take responsibility for, your need to control. The need to control is rooted in fear. It is a desire to dominate, to command; to exercise direction over. When you experience fear, there is resistance and struggle. I invite you to allow more and control less.

If you encounter resistance, feelings of unease, or a voice screaming in your head, “NO! This isn't true. You are lying!” when doing affirmations try a different beginning phrase to the affirmation, taking it from a declarative fact to something more open and acceptable to your brain.

Here are a wide range of Affirmation Stems to play with.

Moving beyond negative beliefs:

I now accept that...

I see the benefits of...

I am learning to be more...

I am open to receiving more...

I am in the process of...

I am working towards...

Increasing desire for positive change:

Today I empower my life by...
Every day I discover new ways to...
I am ready to...
Every day I practice being more...
Today I am learning to be...
I am making room in my life for...

Adding emotion to your affirmations:

I feel so empowered when...
I love it when...
It feels fantastic to be...
I feel terrific when...
I am so happy to be...
I feel great joy now that...

Releasing things no longer serving you:

I choose to let go of...
I freely release...
I lovingly liberate myself from...
I willingly relinquish...
Today I say goodbye to...
I lovingly release all feelings of...
Today I let go of the need to...

Promoting positive action:

Today I take deliberate steps to...
Today I begin...
Today I move closer to...
I am creating...
Every day I take actions to...
It feels great to finally be...

Increasing your commitment:

I am totally committed to...

I am completely dedicated to...

I have a burning desire to...

It is my greatest intention to...

I make a pledge/vow to...

I am now ready, willing, and able to...

Strengthening your belief:

I totally accept that...

I trust that...

I have complete faith that...

I know beyond all doubt that...

I love knowing that...

I expect that...

Emphasizing positive progress:

I am in the process of...

Every day brings me closer to...

Every day I am achieving greater...

I am growing more...

I am now moving towards...

I take positive steps each day to...

Increasing your enthusiasm:

I am fantastically happy about...

I am so happy to be...

I am really excited about...

Today I enthusiastically begin...

I am absolutely thrilled to be...

I can't wait to...

Increasing your determination:

I have all the resolve I need to...
I am willing to do whatever it takes to...
Nothing can stop me from...
I am determined to...
I have the power to...
I hold steadily to...

Increasing your self-esteem:

I am an excellent...
Today I feel confident that...
I possess an abundant supply of...
I have all the qualities I need to...
I have a knack for...
I feel confident in my ability to...

Overcoming your fear:

I have all the courage I need to...
Today I move beyond...
Today I boldly face...
Today I challenge my fear of...
I have the courage to...
Today I lovingly release my fear of...

Overcoming your negative habits:

I have now conquered the habit of...
Day by day I am gaining more control over...
I am stronger than...
I am finally free of...
I easily let go of...
I am learning to overcome...

Creating time for your goals:

I am making time in my life to...
I schedule time today for...
I always have plenty of time to...
I value myself enough to spend time daily...
I organize my day so that...
I make time today to...

Thinking positively:

Today is a wonderful day because...
Today I celebrate life because...
I am so happy that...
I am totally passionate about...
I am the embodiment of...
I love the satisfaction I get from...