



‘Thoughts do change lives’

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An Affirmation a Day – Thoughts Change Lives

An Inspirational Mindful Media Publishing eBook by Debra Robins

Introduction

Affirmations really are simple. They are you being in conscious control of your thoughts. They are short, powerful statements. When you say them or think them, they become the thoughts that create your reality. Affirmations, then, are your conscious thoughts.

Research has shown that we have around 70 000 thoughts a day. That's about 50 thoughts in a minute. Research has also shown that, for most people, 80 per cent of those thoughts are negative. Now, we have been taught to think that most of these 70 000 thoughts are 'sub-conscious' thoughts, meaning that they are below our conscious awareness level.

Affirmations actually make your sub-conscious thoughts conscious. Affirmations make you consciously aware of your thoughts. When you start making conscious positive thoughts, you actually become more aware of the negative thoughts that are always threatening to take over.

Affirmations make you conscious of your thoughts. To affirm means to say something positively. It means to declare firmly and assert something to be true.

These affirmations will enable you to live in the present moment; they will enable you to change your life by changing your thoughts. Only you can choose new thoughts, positive thoughts; a whole new way of thinking.

Think about how you want to change your life, what you would like to accomplish and how you want to live. Select an affirmation for the day that will help you to achieve this today in a positive way.

365 Positive Daily Affirmations for the 2020s

1. This day, this year
I attract love by being loving.
I attract joy by dwelling on the joyous energy I'm capable of cultivating.
I attract abundance by visualising my dreams coming to fruition.
2. Forget resolutions, I'm having a thought revolution. Thoughts become things; I choose the good ones.

3. I am immune to the negative voices and forces – positively positive, I embrace profound joy, amazing abundance and good health.
4. In this space in time, I recognise how precious life is and treasure all the wellness and goodness that flow to me right now.
5. I count my blessings in this time of uncertainty and give freely to others who need it right now; in giving I receive.
6. Though things around me may be uncertain, I am certain I will get through this stronger, healthier and happier.
7. With every breath, I release anxiety within me and become calmer.
8. No matter what situation plays out, I have the lead role in my personal success and wellbeing; I make all that I do meaningful and rewarding.
9. I practise radical compassion, radical empathy and radical caring in every moment.
10. I choose to participate fully in my day; I fill it with hope and face it with joy.
11. I show my family how much I love them in all the verbal and non-verbal ways I can.
12. I listen lovingly to my inner conflict and reflect on it until I get to peace around it.
13. I breathe in calmness and breathe out concern, situations work out for the highest good of all.
14. Following my intuition and my heart keeps me safe and sound.
15. I lovingly do all that I can to keep my body in good health.
16. I open the eyes of my heart and I see love everywhere in everything.
17. I choose self-care and well-being; every cell in my body vibrates in perfect health.
18. I will accept and embrace everything that happens; I face all obstacles with courage and wisdom.
19. As I acknowledge my self-worth, my self-confidence increases; a knowingness that I am worthy of all that is good in my life.
20. I am open and receptive to all the wealth, health and joy life offers me.

21. This week I allow the trivial to be trivial and I focus on what's important; I focus my energy on what really matters.
22. Waves of happiness flow onto my shore today.
23. I follow my bliss. Experience my bliss. Become my bliss.
24. Every day in every way my possibilities multiply, my successes magnify and my potential is realised.
25. I'm in the driver's seat of my life, I don't just go along for the ride.
26. In the balance between life and work, I choose life.
27. Today and every day, I make time for career and personal success; but when I need downtime, I recognise it and I take it.
28. I banish my inner idealist and welcome my inner realist.
29. I'm grateful for access to information and for the freedom to process it as I choose.
30. I'm grateful for all the kind people and positive experiences that are on their way to me today.
31. I'm grateful for the courage to fight for a world where everyone has their basic needs met.
32. I am unique and I am worthy. I need no more justification than that to be exactly who I am.
33. I do enough – I am enough.
34. I believe in my strength and in life's generosity; as I walk my path, my way is clear.
35. My inner voice is clear and strong.
36. I love – I am loved – I am love.
37. Happiness begins with me and me alone. I have the power to create my own happiness.
38. I open my heart to love.
39. I deserve to receive the love I get and I open myself to the love the universe gives me.

40. May I always remember I am so deserving of great love.
41. I let go and open up to the unfolding transformation that is a constant in the river of life, softening my heart to love. My words are always kind and loving and, in return, I hear kindness and love from others.
42. I have all the patience I need to care for those around me.
43. Money flows to me with grace and ease.
44. I am a powerful creator; I create the life I want and enjoy it.
45. I am so grateful for supportive friends and a loving family.
46. My life is filled with an abundance of goodness.
47. I always receive exactly what I ask for and appreciate that.
48. I appreciate everything I have in my life and always keep the door open for more blessings.
49. All challenges are an opportunity for growth and I am thankful for the chance to evolve.
50. I am a love magnet; I attract love everywhere I go.
51. I embrace my imperfections, knowing that I am uniquely, exactly and perfectly who Source intended me to be.
52. Miracles and magic surround me everywhere I go.
53. I am in charge of how I feel and today I am choosing happiness.
54. I astound myself with success beyond my wildest imagination.
55. My home overflows with warmth, harmony, light and good vibes.
56. I am willing to believe in my ability to create healing and happiness.
57. There are amazing things in my life; no matter how small they may seem, they are significant. I walk in gratitude.
58. My life is filled with possibility; I am filled with the determination to see it.

59. A brilliant light is within me, my job is to let it shine.
60. I am willing to be open to new experiences, new people and new places.
61. I release my limits and embrace my greatness.
62. I am committed to creating fun in my everyday routine.
63. I act with a singleness of purpose in mind and wonderful things happen as a result.
64. My choices are unlimited.
65. Today I celebrate all that I am and all that I will become.
66. My future is so bright I have to wear shades.
67. Today is the perfect day to give thanks for who I am and who I am becoming.
68. Every day I find more ways to contribute to the greater good.
69. I am worthy.
70. As I grow more connected to my soul, my life's purpose becomes clearer and clearer.
71. Today a new sense of purpose infuses my being.
72. I effortlessly manifest my desires. I live, move and have my being in the flow of life.
73. I have peace in my heart and peace in my home.
74. I am peaceful, tranquil and serene.
75. As I forgive, I am forgiven. As I forgive, my life reveals a blank canvas to create anew.
76. I scatter my sunshine everywhere I go.
77. I love the thrill of being alive today.
78. Life is good. I am thankful, grateful and blessed.
79. Green is 'go'. And I choose to go for all life has to offer me.

80. I release the past, I let it go. I trust, I have nothing to fear; all is well in my world.
81. I am loved, I am worthy. I am whole and complete.
82. I have something utterly unique and important to share with the world.
83. I am pure potential; my dreams move me out of my comfort zone and into my possibility zone.
84. I am strong, I am resilient. I am starting a promising new chapter in my life.
85. My business is growing. My business opportunities are limitless.
86. It is safe to give and receive love; as I open my heart in giving, so my heart opens to receive.
87. I am pleased with what I have created in my life.
88. All my actions are in perfect harmony with my purpose.
89. I deserve joy, love, romance, commitment and all of the good things life has to offer me, right here and right now.
90. My circumstance is only my starting point, I trust myself to make good decisions on the path toward my fantastic future.
91. I write this on my heart – "every day is the best day of my life".
92. I partner with peace today and I do this through the power of keeping a grateful heart.
93. This week I focus my thoughts on gratitude.
94. I accept total responsibility for my actions, emotions, thoughts and beliefs. I accept who I am now and look forward to becoming even better.
95. I believe in myself and trust in my abilities to succeed in all that I do.
96. I am open and receptive to all the wealth life offers me. I embrace new avenues of income.
97. My outer world is a reflection of my inner world.
98. I choose peaceful thoughts, loving thoughts and thoughts that empower me.
99. Today I have the courage and the power to be the best of me.

100. With each thought, I put my desires out into the field of all possibility and life's possibilities expand in response to me.
101. As I approach situations, experiences and people with appreciation, I will be held in the arms of abundance.
102. Today I am grateful for all that I have; whilst being excited for all that has yet to come.
103. As I trade my scarcity mind-set for an abundance mind-flow; money comes to me in both expected and unexpected ways.
104. My life is lived, exuberantly, consistently and creatively, in love.
105. I am safe and all life loves and supports me now.
106. Creative possibilities are infinite and I have the power and the wisdom to blossom and grow in any area I choose.
107. I am the composer of my inner harmony.
108. Today I do the things that make my soul shine.
109. I greet each second of life with enthusiasm and hope.
110. I let go of any negative feelings about myself or my life and accept all that is good.
111. I refuse to be disrespected – I know my worth and I stand firm.
112. This minute is filled with promise and possibility.
113. Right now, is the time I transform it into real and lasting value.
114. I create a world where loving each other is as expected as the next breath.
115. I am in charge of how I feel and today I choose to feel great.
116. My job, the work that I do, brings me financial abundance.
117. I am a reflection of the divine expressing as compassion, sincerity, peace and clarity.
118. I am very excited to see what the world will offer me today.

119. Being patient is one of the top priorities in my life and I practise this feeling in every appropriate moment.
120. I choose to be patient and kind to myself today.
121. Today I am grateful for everything and everyone.
122. Roadblocks in my path reveal wonderful new avenues to abundance and success.
123. I live with awareness and in joyfulness; life gives me abundant blessings to be grateful for.
124. I live with vitality, enthusiasm and aspiration.
125. I make time for myself, to relax, recharge and rejuvenate.
126. I give myself permission to be me, authentically me.
127. My life is amazing, packaged with love and wrapped with laughter.
128. All of my relationships are healthy and harmonious. They are based on love and compassion.
129. I radiate love and others reflect love back to me.
130. I am good enough, smart enough, beautiful enough and strong enough.
131. I banish the past and embrace the now, where happy surprises await.
132. I surrender. I let go and let God manifest my desires, in perfect time.
133. As I walk in the field of all potential, I manifest as I walk; everything I desire is possible.
134. Those who want to use my services are on their way to me right now and I am honoured and grateful to serve them.
135. As graciously as I give so I receive.
136. I celebrate the diversity of life and see the beauty in everyone.
137. Today I will practise patience and loving kindness to everyone I encounter.
138. I think only positive thoughts and I am always happy and joyous, no matter what the external conditions are.

139. Good health is my birthright. I bless my body daily and take good care of it.
140. I am aligned with the energy of wealth and abundance; prosperity is drawn to me.
141. I am my own loving parent and ensure I receive proper rest, nutrition, exercise and play.
142. I honour my body with movement, contemplation, rest, and nourishment. I nourish myself on all levels.
143. Every day in every way I create the feeling of unlimited freedom in my life.
144. My mind is sharp, my body is healthy, my soul is tranquil.
145. I am unique, I am special, I have a purpose – there is no other like me.
146. I follow my bliss and put myself back on the track that is waiting for me.
147. Today I contribute my unique and irreplaceable spark to the great fire of life.
148. My income is constantly increasing.
149. Money flows easily into my life.
150. I always have more than enough.
151. I'm awake. I'm so glad I'm alive today... to love, to learn, to laugh.
152. Today I give myself permission to release toxicity from every level of my being.
153. Right here, right now I release my attachment to outcomes. I embrace uncertainty and welcome possibility.
154. Today I stand up and stand out.
155. I love myself so much that no one will ever be able to underestimate my worth.
156. My path is completely clear of hurdles.
157. My life's journey is enjoyable.

158. I release my negative "but they did" approach and focus my energy on a positive "how I can" approach.
159. I reach high, I dig deep; I achieve great things.
160. Peace is my priority today.
161. My life is a blast of growing opportunity because I never stop creating.
162. I teach others to believe in me by believing in myself.
163. I am surrounded by supportive, positive people who believe in me and want to see me succeed.
164. I choose to have fun; today is my gift. I slide down my rainbow into my pot of gold.
165. I am in control of what I think; therefore, I am in control of my life.
166. I am more than a human being: I am a loving being. I give and receive love – it's what I am here to do.
167. Today I remember that hope conquers every doubt, illuminates every shadow and heals every wound.
168. Today I notice and give thanks for all the real-life angels in my life.
169. I feel really good when I give because I feel connected to who I truly am.
170. Happiness is my fuel for a wonderful life. I focus on being happy before I think, I get happy before I speak.
171. Loving myself and others for every reason and for no reason at all is how I craft a more loving world for us all.
172. My loved ones are happy, safe and cared for.
173. I can't be negative and awesome at the same time, I choose awesome.
174. When I put my love cloak on, I'm a powerful force for good everywhere I go.
175. I wrap my arms around myself and hug me. I deserve love and give it freely to myself.
176. My smile is a mile wide. Happiness glows all around me.

177. I see right through illusions and know that abundance is all mine.
178. I woke up on the right side of the bed today.
179. I am worry free, all that lies before me is good.
180. I am always where I am supposed to be.
181. I come from a place of limitlessness in all I do, speak and be.
182. I am in integrity with all that is around and myself.
183. As doors close and new doors open, I greet change with joy, I know I am safe.
184. I believe in the path I have chosen.
185. I feel wonderful today. This is going to be the happiest day of my life.
186. I am spiritually and physically abundant. I have a great life of fulfilment.
187. My higher self is guiding me in the right direction.
188. I don't have a soul; I am a soul.
189. Good fortune flows into my life like the river into the ocean. As a result, amazing things happen each day.
190. Today, I am walking in the sunlight of spirit.
191. I am thankful for the limitless, overflowing source of my abundance.
192. I am showered with blessings and my divine inheritance.
193. Today is my everything; now is my reality.
194. I am truly alive. I choose to live the abundant life that I have been given in complete gratitude.
195. I am blessed with happiness, peace of mind, health and prosperity in all areas of my life.
196. I expect every need to be met; the answer to every problem and abundance on every level.
197. I have a dream ... I live it.

198. This moment is fabulous. Now is my world.
199. I am that I am. I am a shining being, dwelling in light.
200. I gracefully dodge every bump in my path.
201. Today I leap confidently over every hurdle before me, I face every challenge bravely.
202. I trust that my life is unfolding perfectly, exactly as it should be.
203. Choice is within my ability and reality, I choose joy.
204. I embrace my cosmic significance – I dare to be remarkable.
205. I love the real me. I love myself unconditionally.
206. Today, I will concentrate on taking one step forward, however small.
207. All answers are within me. I follow my inner wisdom.
208. I am worthy of living my heart's desires.
209. At sunrise I rejoice, at sunset I am at peace.
210. I say "yes" to the universe and the universe says "yes" to me.
211. In the entire world, there is no one else exactly like me. I am special and unique.
212. My life is a joy filled with love, fun and friendship, all I forgive, relax and I am open.
213. I take time out to do the things I want and love to do, I follow my heart.
214. I let my light shine. I share my wisdom. I radiate love.
215. I am awesome, yes, I am.
216. Today I study hard, so tomorrow I can make my difference.
217. I commit excellence in everything I do. It is unwavering.
218. Breathing in, I see all I can achieve. Breathing out, I achieve it.

- 219. Today I give my best and achieve complete success.
- 220. I choose success. I choose abundance.
- 221. I am perfect. I release all doubt.
- 222. Today I am the creator of my own prosperity.
- 223. I am grateful for every event in my life, it prepares me perfectly.
- 224. Today I act on my dreams.
- 225. Today I put my stamp on life. Big things are coming my way.
- 226. I am ready to take the leap and try something new.
- 227. I choose wisdom. I choose love. I choose joy.
- 228. Today I open my heart. I open my mind. My possibilities are endless.
- 229. I am strong. I am confident. I have the all clear to succeed.
- 230. I have vision, it drives my success.
- 231. I choose to attract relationships that nourish me.
- 232. I am breaking through my barriers to universal abundance.
- 233. I have the vote when it comes to my happiness and I vote yes.
- 234. I know I will have an astonishingly magical day.
- 235. I am in the right place, at the right time, right now.
- 236. Yes, my best is good enough.
- 237. I have talent, I know I am a success.
- 238. I plan to have an astonishing and amazing day.
- 239. Today I resonate with absolute health and vibrate with total vitality.
- 240. Today I refuse to live in the boxes that people place me in.
- 241. Today and every day, I vibrate with truth in my life.

- 242. Today I create my life from things more important than my challenges.
- 243. Every event, every relationship, every circumstance in my life is working for my benefit.
- 244. Love flows freely in this universe; I submerge myself in the stream.
- 245. I attract true love by being my true self.
- 246. Today I am absolutely committed to being the person I came to this planet to be.
- 247. Today I refuse to cede control of my right to think for myself to anybody or anything.
- 248. The hero I am waiting for is waiting for me in the mirror.
- 249. Now is a great time to restart my day.
- 250. I am a beacon of positivity in my work environment.
- 251. My mind is in the right space, I have arrived in the right place.
- 252. Give me a metre of opportunity, I convert it into a kilometre of success.
- 253. I thrive on every opportunity to become more than I have ever been before.
- 254. Income flows freely, easily and willingly into my bank account.
- 255. Today I accept what is, even as I work toward what can be.
- 256. I am proud of where I come from. I am proud of where I'm going.
- 257. I only attract mutually beneficial relationships.
- 258. Giving up is not an option for me, so I am moving forward.
- 259. I am creating prosperity today for my family and me.
- 260. I believe in my abilities, I believe in my possibilities, I believe in me.
- 261. I claim my bliss.
- 262. I flourish in all that I do.
- 263. Today love is my tail wind and wisdom my navigator.
- 264. Life is a challenge and an opportunity and I am up for both.

- 265. I am awesome and today I choose to see that.
- 266. I have no doubt... I am special.
- 267. Scarcity is a mind-set. I unshackle my thinking and see the abundant universe around me.
- 268. Today I trust in the wisdom of this moment and in the boundless wisdom of my heart.
- 269. I improve and change my life one thought at a time.
- 270. Amazing situations are flowing my way.
- 271. I choose possibility. I open up to new things, I open the door of opportunity.
- 272. I am glowing, happy on the outside because I am happy on the inside.
- 273. I am the engine of my dreams.
- 274. My life is filled with possibility; I am filled with the determination to see it.
- 275. My world is what I make of it and today I choose to make it a prosperous place to be.
- 276. I am a bright and shining star.
- 277. I choose to see all there is to be grateful for in life.
- 278. I let go of trying and allow.
- 279. I accept my emotions and allow them to express without judging their meaning and intent.
- 280. I easily recognise and honour when my body needs to rest.
- 281. My intentions unfold with ease.
- 282. I trust that I am effortlessly provided with everything I need.
- 283. Today, I forgive myself with grace.
- 284. I am willing to be open to new experiences, new people and new places.
- 285. I choose to trust the decisions I make.
- 286. I bring in more income than I spend.
- 287. Fresh creative ideas are coming to me every day.

- 288. Love is entering my life right now.
- 289. I take time to be spontaneous, zany, interesting. I let my inner child play.
- 290. My intuition is my GPS guiding me toward the right action.
- 291. I release my limits and embrace my greatness.
- 292. I love the life I'm in. I love the body I am in - in fact, I love me.
- 293. There is opportunity in each choice in each moment.
- 294. I reawaken to my dreams.
- 295. I achieve my intentions.
- 296. I allow the past to be the past, I live in the now, I am positive about my future.
- 297. I care for my body and it cares for me. I nourish my body with healthy choices.
- 298. I have the confidence to handle life's challenges.
- 299. I already know what to do, I follow my intuition.
- 300. I am brave. I am strong. I am.
- 301. I release my assumptions and acknowledge what is true in each situation.
- 302. I release stress for what it is, false assumptions.
- 303. My mission today is kindness to myself and others.
- 304. I breathe into the moment. I relax into the journey of life.
- 305. I take the first step and life meets me in wonderfully unexpected ways.
- 306. I am wholly committed to my intentions.
- 307. I am in control of my reaction to others. I choose to see the good.
- 308. I trust that I am right where I am supposed to be on my journey.
- 309. I welcome and embrace change with open arms.
- 310. I know that life's timing is always divine.

- 311. I live permanently in abundance.
- 312. The food I eat promotes health. It gives me energy, satisfaction and renewal.
- 313. Stress is only a mind-set and I change this mind-set here and now.
- 314. I allow myself to make mistakes. That's how I learn new things.
- 315. I laugh at life; I laugh at me - I choose not to be offended by anyone or anything.
- 316. I am committed to creating fun in my everyday routine.
- 317. I appreciate the people in my life and they appreciate me.
- 318. I value and honour money in my life. I recognise it as a gift.
- 319. I effortlessly manifest my desires. I live, move and have my being in the flow of life.
- 320. A new sense of purpose infuses my being.
- 321. All my actions are in perfect harmony with my purpose.
- 322. As I grow more connected to my soul, my life's purpose becomes clearer and clearer.
- 323. As I live my true purpose, joy and contentment fill my life.
- 324. I act with a singleness of purpose in mind and wonderful things happen as a result.
- 325. I trust in my ability to contribute meaningfully to my life and the life of others.
- 326. Every day of my life is like a dream come true.
- 327. I always direct my thoughts and actions towards my purpose.
- 328. I am always in alignment with my life purpose.
- 329. I am always true to my mission in life.
- 330. I am deeply fulfilled by all that I do.
- 331. I have an amazing job; it is the perfect stepping stone to my success.
- 332. I am motivated and inspired by my life's work.
- 333. I am now living my life's calling.

- 334. Today I effect change, I embrace change.
- 335. I place I find myself in is the perfect place for me right now.
- 336. I explode with joy, at the beauty in my world.
- 337. This is the perfect day to create, imagine and visualise my future.
- 338. I travel safely wherever I go, my journey is always smooth.
- 339. Today I celebrate life, the ups and the downs, every challenge an opportunity to grow.
- 340. I allow myself to change.
- 341. I experience life as a joyful dance.
- 342. The love I so desire is looking to find me right now.
- 343. Today my thoughts set the stage for my success and my actions play it out.
- 344. I am strong. I am resilient. I am starting a promising new chapter in my life.
- 345. I release the past. I let go, I trust, I have nothing to fear; all is well in my world.
- 346. I notice beauty, love and humour in each moment.
- 347. I have abundant energy and vitality. I approach my daily activities with zest.
- 348. I spend time in reflection and meditation. I am focused on my life purpose.
- 349. Today I rub elbows with peaceful people.
- 350. I trust and life just falls into place.
- 351. Today my life blooms in ten shades of awesome.
- 352. Today, I play with life, laugh with life, dance lightly with life.
- 353. I follow my bliss and chase my rainbow.
- 354. I smile a lot, happy on the inside, happy on the outside.
- 355. I choose to feel supremely happy at this very moment.
- 356. I cherish the gift each moment brings.

- 357. I am solid gold.
- 358. Today, I choose to enjoy myself because today is a gift to be cherished.
- 359. I embrace and use each moment as a treasure of time that is mine.
- 360. Hey today. You are my fun day.
- 361. Grateful for another day to be me.
- 362. I am funny, highly energetic and I light up every room I walk into.
- 363. I am an amazing being.
- 364. I have the power to change my life by changing my thoughts.
- 365. I can. I will. Done ... End of story.

Afterword

Repeat your affirmation at least 20 times with conviction, put it on a 'post it' and fix it to your workstation, your fridge, the dashboard of your car or your home gym, wherever you will see it. Use affirmations to develop positive mental habits you can use for the rest of your life.

Thoughts do change lives, make sure they are good ones.

About the Author

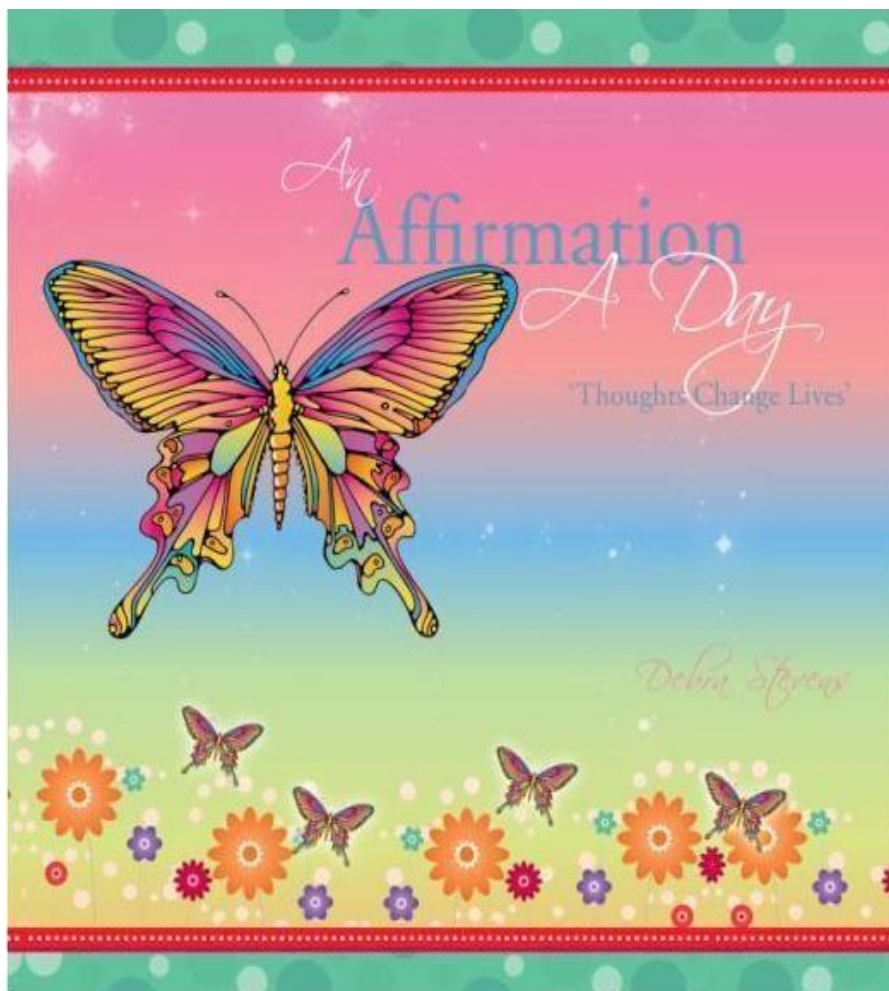
Savvy and insightful, Debra is a naturopathic practitioner by trade, a holistic healer by design; a wordsmith and the editor of Odyssey Magazine by choice. Debra brings together extensive expertise in corporate and personal wellness initiatives and, as a personal transformation coach, she facilitates deeper consciousness, inner wisdom and empowerment. Debra Robins (Stevens) lives with her husband and domestic zoo in a seaside village on the East Coast of South Africa.

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