

# Affirmations

{flowing water}

This portion of the CD is a series of affirmations. Listen to each affirmation and repeat it to yourself if you wish. Practicing these affirmations over time will help you create more balance in your life, clear your mind, and relax and sleep more easily and deeply. These affirmations are also designed to increase your confidence and help you live and feel well.

Let's begin.

I am calm and relaxed.

{flowing water}

I enjoy taking this time for myself.

{flowing water}

I know taking this time to clear my mind and relax my body will help me do my best in everything I do.

{flowing water}

I deserve this time to relax and rejuvenate myself.

{flowing water}

My body feels relaxed and comfortable.

{flowing water}

My forehead is cool.

{flowing water}

My arms and legs are heavy and warm.

{flowing water}

My heart beat is steady and calm.

{flowing water}

My breathing is deep and regular.

{flowing water}

My mind is clear and quiet.

{flowing water}

I know my thoughts come and go. I can choose to release my thoughts anytime I want to calm or clear my mind.

{flowing water}

I am not my thoughts. I am a wonderful, whole, healthy human being.

{flowing water}

My feelings come and go. I can feel my feelings, allow them, then let them go whenever I choose.

{flowing water}

I am not my feelings. I am centered, grounded, and complete.

{flowing water}

I easily let go of negative message and thoughts in my life.

{flowing water}

I make sound and wise choices in my life.

{flowing water}

I easily and fully let go of things I cannot control or change.

{flowing water}

I feel peaceful as I fully accept reality, people, and situations as they are.

{flowing water}

I nourish myself with healthy, delicious food.

{flowing water}

I enjoy stretching and being active every day.

{flowing water}

I pay attention to my body, and take care of it like a good friend.

{flowing water}

I listen to all the messages my body gives me, and respond with kindness and care.

{flowing water}

I take time to relax and enjoy pleasant experiences every day.

{flowing water}

I feel peaceful, calm, and centered.

{flowing water}

I am confident and serene.

{flowing water}

I believe in myself.

{flowing water}

I accept and love myself exactly as I am right now.

{flowing water}

I am grateful for all the love and gifts in my life.

{flowing water}

The more I love myself, the more I have to offer others.

{flowing water}

I am open and adaptable.

{flowing water}

I trust myself and others.

{flowing water}

I respect myself and others.

{flowing water}

I am strong and capable.

{flowing water}

I can concentrate easily, and be productive when need be.

{flowing water}

The more I take time to relax, the more productive I am.

{flowing water}

I set reasonable goals and am able to complete them.

{flowing water}

I enjoy living a healthy, balanced life.

{flowing water}

I know that relaxation is always available to me.

{flowing water}

I am happy, healthy, and vibrant.

{flowing water}

I have reasonable expectations of myself each day.

{flowing water}

It is OK to do whatever I can accomplish, then

{flowing water}

It is OK to do whatever I can accomplish, then let go.

{flowing water}

I release all guilt and pressure.

{flowing water}

I take time for myself every day to respect and nourish my body, mind, and spirit.

{flowing water}

The more I take care of myself during the day, the better I sleep at night.

{flowing water}

I manage and release stress so I can let go and sleep well each night.

{flowing water}

I allow plenty of time for rest and healthy, deep sleep.

{flowing water}

I take two hours before bedtime to slow down, reduce my activity, and prepare for sound, restful sleep.

{flowing water}

I use my bedroom only for sleep.

{flowing water}

I sleep as much as I need, no more or less.

{flowing water}

I enjoy going to sleep at a regular time each night.

{flowing water}

The more I learn to relax and let go, the more easily and quickly I fall asleep.

{flowing water}

I sleep deeply and soundly.

{flowing water}

I wake up refreshed and ready for the day, around the same time each morning.

{flowing water}

I enjoy living, feeling, and sleeping well.

