

**AFFIRMATIONS FOR ACCEPTANCE, HEALING AND  
TRANSFORMATION**

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Affirmations are present tense positive declarations that you *chose* to be true for you, even though they may not just yet feel so true! Affirmations work by implanting new beliefs in your subconscious mind that eventually take root and become real in your conscious mind. The new beliefs you are trying to create have lots of competition from your old negative ones. You have about 70,000 thoughts a day, so you need to give some sustained attention to affirmations if you want results. Like the good folks in the 12 step programs say “It works if you work it.” Here are some I have created for you. As you create your own, remember to keep them in the present tense and keep them positive.

I love and accept myself exactly as I am.

I experience the natural perfection of my physical being.

I accept good health as my natural state.

All my muscles, nerves, and tissues are relaxed or alert at the perfect times.

I successfully use the power of my thoughts to create perfect health and peace of mind.

Every experience in my life is a blessing for which I am grateful.

I always attract the perfect resources to support my good health.

I choose well being every moment.

I am safe, secure, and protected; I live my life in freedom and joy.

I move my life forward with power and peace.

All is well in my world.

My higher power is always operating in my behalf.

I lovingly care for my body, mind, and spirit.

My inner wisdom always guides me to right action.