

Affirmations for All :: Visualize Abundance

af·fir·ma·tion (af-er-mey-shuhn)

n.

1. The act of affirming or the state of being affirmed; assertion.
2. Something declared to be true; a positive statement or judgment.
3. *Law* A solemn declaration given in place of a sworn statement by a person who conscientiously objects to taking an oath.

Affirmations are powerful statements that will help you grow. You won't realize how powerful these affirmations are until you implement them. The purpose of repetitive affirmations is to impress your subconscious.

There are many recommended ways in which to use these affirmations.

Some of which are:

- Reiterate the selected affirmations during meditation time each day
- Have your affirmations written on your Visualization Board
- Keep key words of your affirmations on notes around your workspace
- Keep key words of your affirmations on your mirror
- Create visualization images for your computer screen background and/or screen saver
- Create your own MP3 file with your voice reiterating the affirmation, then move the file to your ipod or burn a CD to play the affirmations as you fall asleep.

To learn more about the ways in which you can use these affirmations, visit our website at:

www.visualizeabundance.com

The affirmations listed below are separated in categories for your convenience. Choose the affirmations that suit your needs, compile a short list of affirmations you wish to work on and change the affirmations as your mind absorbs them and your affirmations come to fruition.

Affirmations for Abundance

- I am happy, healthy and prosperous.
- Through my power of intention, I effortlessly attract all the wealth I desire and need.
- There is abundance in the universe for every living being.
- I am Successful, Rich, Healthy and Happy.
- I am a success in all that I do.
- My work is always recognized positively.
- I am constantly adding to my income.
- I have inner peace and contentment true success!
- I have total freedom to do whatever I wish.
- I now create world peace and transformation.
- I am an open channel for exquisite, endlessly abundant creativity, in many many forms.
- I have real personal confidence, and a very positive self-image.
- I am connected deeply, intimately, with my higher self, and my enlightenment.
- I have beautiful, harmonious, satisfying relationships.
- I am in perfect health.
- I have physical strength and attractiveness.
- My income exceeds my expenses.
- My life is full of love, joy and service to others.
- There are many opportunities in my life.
- I open to the flow of great abundance in all areas of my life.
- I always have more than enough of everything I need.
- Today I expand my awareness of the abundance all around me.
- I allow the universe to bless me in surprising and joyful ways.
- My grateful heart is a magnet that attracts more of everything I desire.
- Prosperity surrounds me, prosperity fills me, and prosperity flows to me and through me.
- I exude passion, purpose and prosperity.
- I am always led to the people who need what I have to offer.
- My day is filled with limitless potential in joy, abundance and love.
- Today I embrace simplicity, peace and solace.
- I trust the universe to deliver my highest good in every situation.
- I am filled with the light of love, peace and joy.

- My inner voice guides me in every moment.
- I am centred, calm and clear.
- I always know the right actions to achieve my goals.
- Today I am completely tuned in to my inner wisdom.
- Harmony is always a sign that I am balanced from within.
- Life is easy; I have an abundance of whatever I need.
- I now have surplus, all my needs are being met.
- I have unlimited abundance.
- I now give and receive freely.
- This is a rich universe and there is plenty for all of us.
- I now live in a rich and loving universe.
- Money comes to me easily and effortlessly.
- I am always supplied with whatever I need.
- I move forward with an expectancy of my greatest good.
- I look for and receive a bountiful supply.
- My greatest good is coming to me NOW.
- Everything always works out for my good.
- All things are possible because I believe they are.
- I am committed to my success.
- Today I decide to WIN!
- I am creating my life exactly as I want it to be.
- I am committed to my family.
- I am generous and help others in need.
- My bank account is overflowing with money!
- An avalanche of money is coming my way.
- I am happily enjoying a lifestyle of luxury.
- Wealth and riches wants me as much as I want them.
- I focus on all good things in life and give thanks for them.
- I am at peace and one with everything.
- I feel the love, the joy, and the abundance.
- I am free to be myself.
- I am receiving unexpected checks in the mail.
- I have more than enough money for everything I want.
- I have my dream home.

- I have the best of everything.
- I am grateful and celebrate every day.
- My income is constantly increasing.
- Abundance is mine.
- I deserve all good in my life and that includes prosperity.
- I am a money magnet, and prosperity of all kinds is drawn to me.
- I know that life is abundant and I accept abundance in my life now.
- Money flows to me from expected and unexpected sources.
- New opportunities to increase my income open up for me now.
- My unique and creative talents and abilities flow through me.
- I prosper wherever I turn and I know that I deserve prosperity of all kinds.
- The more grateful I am, the more reasons I find to be grateful.
- I pay my bills with love, as I know abundance flows freely through me.
- All my relationships are loving and harmonious.
- I am at peace.
- I trust in the process of life.
- Life is a joy filled with delightful surprises.
- My life is a joy filled with love, fun and friendship all I need do is stop all criticism, forgive, relax and be open.
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.
- I am healthy, wealthy and wise.
- I am strong and healthy.

Affirmations for Schooling & Education

- I am open and ready to learn information from all of my teachers.
- My mind easily recalls information from previous lectures.
- I get along with all my professors.
- (Insert subject) is interesting and I absorb the information easily.
- I now obtain excellent result in all examinations.
- I easily learn every subject I choose.
- I am a creative genius.

- I soak up information.
- I absorb all learning material.
- Learning is fun and easy.
- I now love to learn.
- My learning abilities are increasing.
- I am at ease in exams.
- I can remember all the details easily when I am tested.
- My mind is a sponge for data.
- All information is promptly remembered when necessary.

Affirmations for Health

- I am healthy.
- Happiness surrounds me.
- My mental health is happy, positive and optimistic.
- Every cell in my body now vibrates with energy and health.
- I am free of unwanted stress.
- Every day in every way I am getting healthier and healthier.
- I eat healthy and I stay healthy.
- Every day my eyesight is better than the previous day.
- I get good sleep every night and I get up fresh every morning.
- I love exercising and I exercise every day.
- I am grateful for my healthy body and I bless every part of my body.
- Perfect health is my divine right and I claim it now.
- Every cell in my body is healthy and radiates health.
- My immune system is very strong and can deal with any kind of bacteria, germs and viruses.
- Every organ in my body is healthy and functions at its optimum scale.
- I am pain free in every respect and my body is full of energy.
- Throughout the day I am full of energy.
- I breathe deeply and every breath energizes me.
- I love myself in totality and I radiate energy.
- My body metabolism is at its optimum and provides me with all the energy that I need.

- I have the power to control my health.
- I have abundant energy, vitality and well-being.
- I am healthy in all aspects of my being.
- I have all the energy required for my needs.
- Every day, in every way, I am getting better and better.
- God's love is flowing through my body.
- The light within me is healing my entire body.
- I am one with the universe I am healing now.
- Divine light flows through every cell of my body.
- I am a radiant being filled with light and love.
- I sleep relaxed and awake refreshed.
- My connection to the universe is my energy source.
- I now choose thoughts that nourish and support me in a loving and positive way.
- I know that my healing is already in process.
- Every cell in my body vibrates with energy and health.
- I am healthy, healed and whole.
- I choose health.
- I naturally make choices that are good for me, I take loving care of my body and my body responds with health, an abundance of energy and a wonderful feeling of well-being.
- Every doctor that touches me is a healing hand.
- I now receive the treatment I need in the perfect time, place and way for me.
- My body heals quickly and easily.
- I love and accept myself, as I know that by doing this I can love others more fully and they can love me.
- I release all disease from my body and welcome health, love and happiness into my life.
- I release old hurt, anger and resentment easily.
- I choose to live my life the way that makes me happy and I am free.
- Every Cell in my body vibrates with energy and health.
- Loving myself heals my life. I nourish my mind, body and soul.
- My body heals quickly and easily.
- My energy and vitality are increasing every day.
- I open to the natural flow of wellness now.
- My inner guidance leads me to the right healing modalities for me.

- Abundant health and wellness are my birthright.
- Thank you for my strength, my health and my vitality.
- I am feeling stronger and better now.
- I love taking good care of myself.
- Today nurturing myself is my highest priority.
- Thank you for the opportunity to balance my mind, body and spirit.

Affirmations for Money

- Money is good.
- I love money.
- I release all resistance to money.
- Money flows into my life easily.
- Everyday my bank balance is more than that of the previous day.
- I enjoy being wealthy.
- I am a money magnet and attract money continuously.
- Money making ideas come to me easily.
- I am getting more and more prosperous day by day.
- Being wealthy is my inherent right and I claim it now.
- There is an abundance of money available to me in this world.
- I am receiving an abundance of expected checks in the mail.
- My home business is growing abundantly.
- My bank account is growing quickly.
- I always have more money coming in than going out.
- The more money I give, the more money I get in return.
- And abundance of money is always circulating in my life.
- I accept money from all positive sources.

Affirmations for Relationships

- People instantly like me.
- I make good friends easily.
- I am surrounded by love and everything is fine.
- I have the perfect partner.
- My heart is always open and I radiate love.
- All my relationships are long lasting and loving.
- I see everything with loving eyes and I love everything I see.
- My partner is the love of my life and the centre of my universe. He/She loves me as much as I love him/her.
- In life I always get what I give out and I always give out love.
- I encounter love in all my relationships and I love these encounters.
- I deserve love and I get it in abundance.
- I have attracted the most loving person in my life and life is now full of joy.
- I love myself and everybody else and in return everybody loves me.
- Everywhere I go, I find love. Life is joyous.
- My partner and I are a perfect match for each other and the love between us is divine.
- I am surrounded by love
- I love and accept myself exactly as I am
- I know that I deserve love and I accept it now
- I am a loving, beautiful creative person and this is reflected in my relationships with others
- Loving myself unconditionally brings healing and an abundance of love into my life
- The love I give out returns to me multiplied
- Love flows through my body, shines in my face and radiates out from me in all directions
- I go with the flow and my life is easy and filled with joy
- I see the beauty in my surroundings and I radiate joy and love
- I am grateful for all the wonderful things I already have in my life and those that are yet to come
- As I learn to love myself I can feel the love and joy from my own heart flow through my body and radiate out to others
- I increasingly relax and accept the good that I now know I deserve in my life

- I regularly take time out to do the things I want and love to do, I follow my heart and feel a sense of freedom and release

Affirmations for Romance

- I release all desperation and allow love to find me quickly.
- I enjoy feeling romantic and sexy.
- I give and receive love
- I deserve love
- I now believe that relationships can be joyful and fun
- I am open to receive loving relationships
- I open up to others I give and receive love
- Love is coming to me easily and effortlessly
- I am attracting loving relationships into my life
- I am now ready for a relationship
- I am ready for a healthy, loving relationship.
- All of my relationships are meaningful and fulfilling.
- As I share my love with others the universe mirrors love back to me.
- I see everyone I meet as a soul mate.
- I trust the universe to know the type of partner who is perfect for me.
- Today I release fear and open my heart to true love.
- I am grateful for the people in my life.
- I am the perfect partner for my perfect partner.
- I deserve a loving, healthy relationship.
- I deserve to be loved and I allow myself to be loved.
- All my relationships are now loving and harmonious
- I now attract the perfect partner into my life
- I deserve love and happiness
- I attract only loving and uplifting people into my life
- My friends are mutually loving and supportive
- The past has no power over me, I forgive all those that need my forgiveness and I forgive myself
- I love and accept myself the way I am and I love and accept others in the same way
- Everyone I come into contact with appreciates me for the wonderful person that I am

- I make friends easily wherever I go
- I know that I deserve Love and accept it now
- I give out Love and it is returned to me multiplied
- I rejoice in the Love I encounter everyday
- I have a wonderful partner and we are both happy and at peace
- I release any desperation and allow love to find me
- I attract only healthy relationships

Affirmations for Sales

- I am making new sales each day.
- I am confident and at ease.
- What I imagine I can do I can do.
- I am a self-motivated person.
- I am an outgoing and friendly person.
- I always say the right thing.
- I am always in the right place at the right time.
- I now put others at ease.
- I am sincere in all my dealings.
- My sales figures are increasing.
- I am a very confident salesperson.
- Today I open my mind to the endless opportunities surrounding me.
- Opportunities are everywhere, if I choose to see them.
- I boldly act on great opportunities when I see them.
- My intuition leads me to the most lucrative opportunities.
- An opportunity is simply a possibility until I act on it.
- Some of the best opportunities are made, not found.
- Today I see each moment as a new opportunity to express my greatness.
- I expand my awareness of the hidden potential in each experience.
- Let each of my experiences today be a gateway to something even better.
- Each decision I make creates new opportunities.
- My honesty attracts sales.
- My sales are growing each and every month.

- Recurring sales are growing in my business.
- My commission checks are growing each week.
- There is a huge demand for my particular skills and abilities
- I can pick and choose what I want to do
- My work is enjoyable and fulfilling, and I am appreciated
- I earn good money doing what I enjoy
- Wonderful new opportunities are opening up for me to use my unique creative skills and abilities
- I am successful at whatever I choose to do

Affirmations for Self-Esteem

- I recognize my many skills and talents.
- The more I love myself, the more others will see how valuable I am.
- I feel good about myself and about everybody around me.
- All is well. Everything that is happening is only for the highest good of me.
- The past forgives gone. I live only in the present.
- I love myself unconditionally.
- I am a loving, fine, gentle and kind person.
- I understand that change is inevitable. I welcome change and adapt myself to change.
- I love and accept myself unconditionally.
- I approve of myself and feel great about myself.
- I radiate love and respect and in return I get love and respect.
- I am a well-loved and well-respected person.
- I am a cultured and wise and yet, a humble person.
- My high self-esteem enables me to respect others and beget respect in turn.
- I am free to make my own choices and decisions.
- I am a unique and a very special person and worthy of respect of others.
- My high self-esteem allows me to accept compliments easily and also freely compliment others.
- I accept others as they are and they in turn accept me as I am.
- It matters little what others say. What matters is how I react and what I believe.
- All is well in my world and I trade love and acceptance with the world.
- I have high self-esteem as I respect myself.

- I deserve all that is good. I release any need for misery and suffering.
- I release the need to prove myself to anyone as I am my own self and I love it that way.
- I am solution minded. Any problem that comes up in life is solvable.
- I am never alone. The universe supports me and is with me at every step.
- My mind is filled only with loving, healthy, positive and prosperous thoughts, which ultimately are converted into my life experiences.
- My mind is full of gratitude for my lovely and wonderful life.
- I consciously release the past and live only in the present. That way I get to enjoy and experience life to the full.
- I am at peace with myself.
- I am always in harmony with the universe.
- I am at peace with all those around me.
- I am free to be myself.
- I am responsible for my own spiritual growth.
- Fear is only a feeling; it cannot hold me back.
- I know that I can master anything if I do it enough times.
- Today I am willing to fail in order to succeed.
- I believe that I have the strength to make my dreams come true.
- I'm going to relax and have fun with this, no matter what the outcome may be.
- I'm proud of myself for even daring to try; many people won't even do that!
- Today I put my full trust in my inner guidance.
- I grow in strength with every forward step I take.
- I release my hesitation and make room for victory!
- With a solid plan and a belief in myself, there's nothing I can't do.
- The better I know myself, the clearer my purpose becomes.
- My unique skills and talents can make a profound difference in the world.
- Today I follow my heart and discover my destiny.
- I am meant to do great things.
- I am limited only by my vision of what is possible.
- My purpose is to develop and share the best parts of myself with others.
- Today I present my love, passion, talent and joy as a gift to the world.
- I need not know the entire journey in order to take one step.
- I fulfill my life purpose by starting here, right now.
- My life purpose can be whatever I decide to make it.

- I am filled with light, love and peace.
- I treat myself with kindness and respect.
- I don't have to be perfect; I just have to be me.
- I give myself permission to shine.
- I honour the best parts of myself and share them with others.
- I'm proud of all I have accomplished.
- Today I give myself permission to be greater than my fears.
- I love myself no matter what.
- I am my own best friend and cheerleader.
- Thank you for the qualities, traits and talents that make me so unique.
- I forgive and I am forgiven
- I easily forgive all those that need forgiving and I forgive myself
- Forgiveness is a gift I now give to myself and those around me
- The past has no power over me
- Forgiving makes me feel light and free
- The more resentment I release the more love I have to express
- As I learn to love myself I find it easier to forgive
- When I believe in myself, so do others
- I express my needs and feelings
- I am my own unique self - special, creative and wonderful

Affirmations for Weight Control

- My body is now trained to burn fat and increase muscle.
- My body is the servant of my mind.
- I am at my ideal weight and I easily maintain my ideal weight.
- I love being physically fit and am slowly but surely approaching my ideal weight.
- My metabolism rate is at its optimum and it helps me in maintaining/or reaching my ideal weight.
- I love eating healthy food and it helps me maintain/or reach my ideal weight.
- I love exercising daily and it helps me maintain/or reach my ideal weight.
- I am a physically active person and that helps me maintain/or reach my ideal weight.
- Every day in every way I am getting slimmer and fitter.

- I properly chew all the food that I eat so that it gets digested properly and that helps me in maintaining/or reaching my ideal weight.
- I breathe deeply every time so that my metabolism is at its perfect rate.
- I love myself unconditionally.
- Life is beautiful and I enjoy life by staying fit and maintaining my ideal weight.
- Every physical movement that I make burns the extra fat in my body and helps me to maintain my ideal body weight.
- Every cell in my body is healthy and fit and so am I.
- I easily control my weight through a combination of healthy eating and exercising.
- I can do it.
- Every passing second, the distance is becoming smaller and smaller.
- My stamina goes on increasing with every step that I take.
- Every day my biceps are growing bigger and bigger.
- With every sit up my abs are getting sharper and sharper.
- With every press my shoulders are getting more and more muscular.
- Every day in every way my body is becoming more and more muscular.
- You can devise your own affirmations on similar lines for specific body parts.
- I have a perfect backhand shot and I hit it with ease.
- I have a very strong serve and I place it where I wish.
- Return of serve is my strong point and I place the ball wherever I wish.
- Every day in every way I am becoming fitter and healthier.
- I enjoy my daily workouts and they make me feel energetic.
- My metabolism has improved as a result of my exercises and I am leaner and fitter.
- My daily exercises make me stronger and fitter.
- Today I love my body fully, deeply and joyfully.
- My body has its own wisdom and I trust that wisdom completely.
- My body is simply a projection of my beliefs about myself.
- I am growing more beautiful and luminous day by day.
- I choose to see the divine perfection in every cell of my body.
- As I love myself, I allow others to love me too.
- Flaws are transformed by love and acceptance.
- Today I choose to honor my beauty, my strength and my uniqueness.
- I love the way I feel when I take good care of myself.
- Today my own well-being is my top priority.

- I am happily living at my ideal weight.
- I enjoy living a healthy lifestyle.
- I am achieving my weight loss goals with excitement.
- I am the perfect weight for me
- I choose to make positive healthy choices for myself
- I choose to exercise regularly

For more details on how to use these affirmations or other tools to visualize abundance, visit our website located at: <http://www.visualizeabundance.com>