

# 30 Days of Affirmations

You are amazing, beauty, full of light, and radiating with love. Do you see it? Do you feel it? Do you know it?

Sometimes the best way to help us know truth is to embrace affirmations.

The following affirmations are simple—because they don't need to be complicated—and they are curated to help you feel grounded, recognize your amazing strength and abilities, and muster manifestation and motivation.

Choose one affirmation a day to focus on. Say the affirmation aloud. Write it. Carry it on a piece of paper in your pocket. Follow the affirmations in order. Do them out of order.

Choose the path that is right for you.

If you do them for 30 days and truly seek to embrace them, I promise you will feel a difference after your month is over. You will feel the affirmations. And I hope you will know they are true.

## 30 Days of Affirmations

1. I am beautiful.
2. I am strong.
3. I deserve love.
4. I can be and do anything.
5. I am worthy.
6. I am a child of God.
7. I feel happy.
8. I feel healthy.
9. I am a divine being.
10. I invite opportunity into my life.
11. I have much to offer the world.
12. I can do hard things.
13. I feel my Savior's love.
14. I am creative.
15. I am brave.
16. I feel powerful.
17. I can achieve my dreams.
18. I can be bold (dauntless).
19. I attract what I desire.
20. I live my truth.
21. I feel my divine light shine.
22. I am talented.
23. I deserve all that life has to offer.
24. I am kind.
25. I feel the good inside me.
26. I am smart.
27. I have plenty of time to accomplish what I need to.
28. I am free to live the life God has in store for me.
29. I am enough.
30. I let God prevail in my life.