

POSITIVE VIBES

Affirmations for All Round Wellness



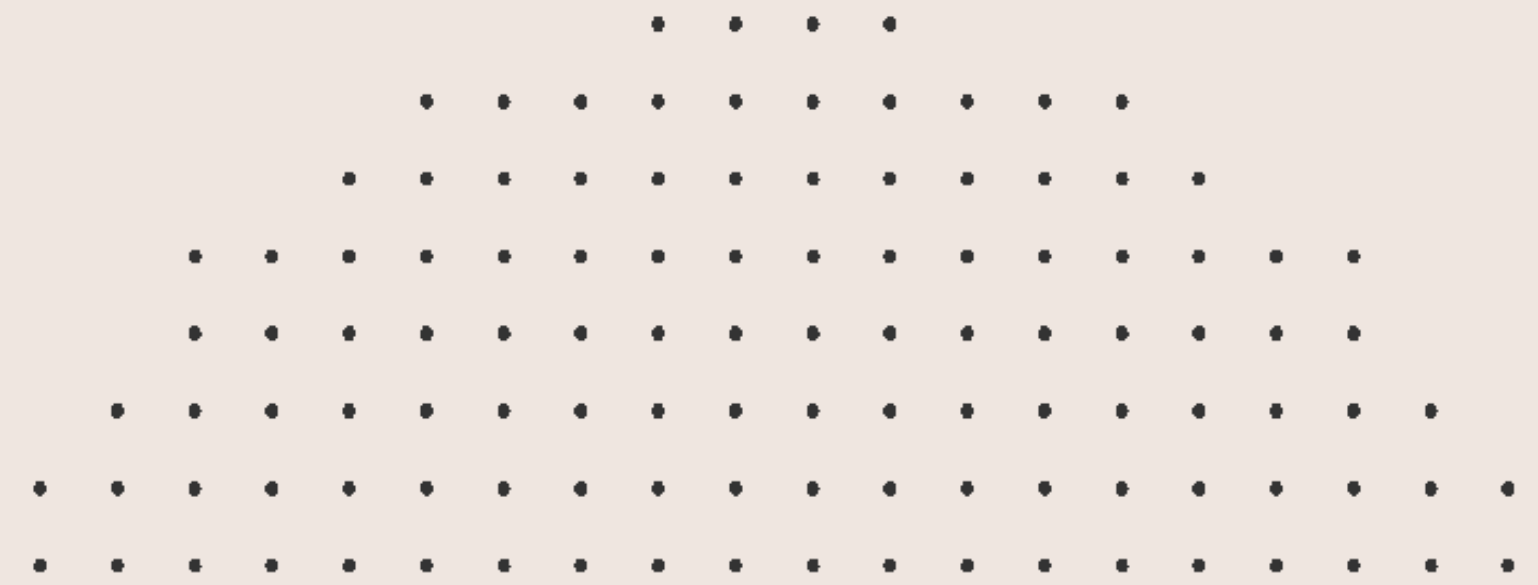
By 'Tola Oladiji



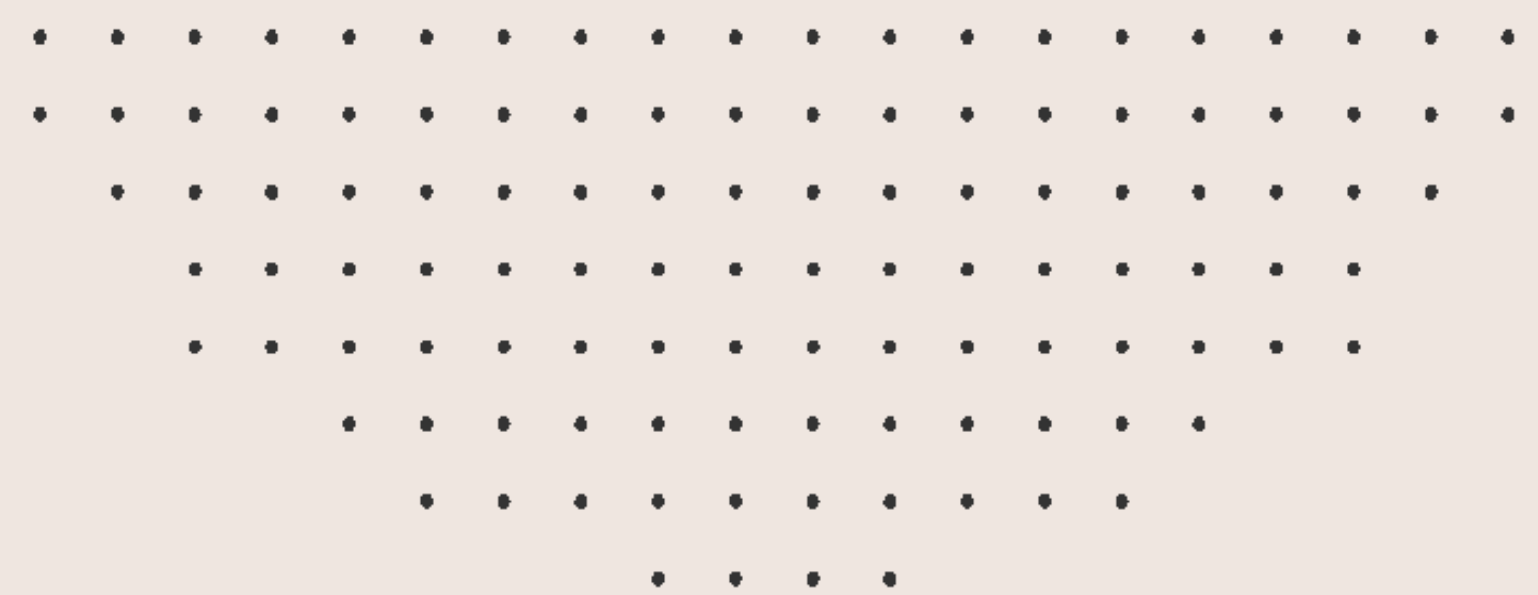
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INTRODUCTION



*“Whether you think you can or
you think you can’t, you are
right.” – Henry Ford*

It is our beliefs about ourselves that give rise to our realities.

You see, the mind is like a computing system. It is what is programmed into it that it gives out.

If you want to know how your mind is programmed, pay attention to your thoughts.

Are you self-critical with your thoughts? Or do you see possibilities in you?

Do you beat yourself up over your perceived flaws? Or are you kind and compassionate with yourself?

Whatever the case, the affirmations in this series are a tool to help you program the right beliefs, and in time, change your reality. You can say them when you get up in the morning, on your commute to work or during your lunch breaks.

Here's how I recommend you use them:

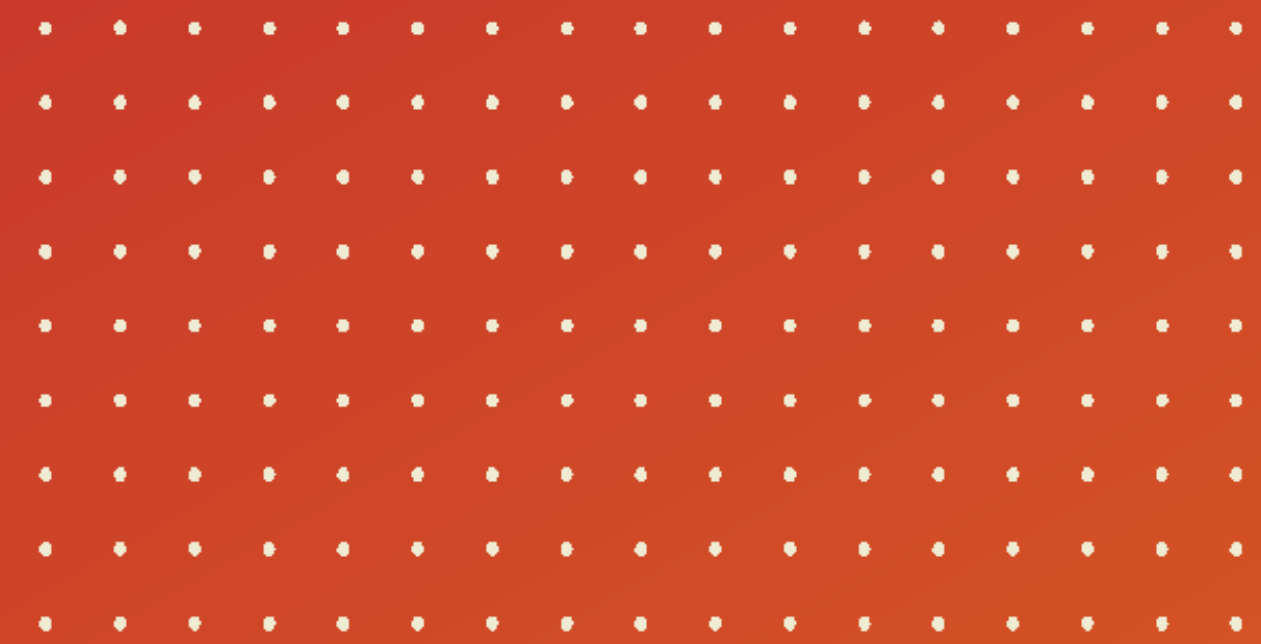
- Say them aloud to yourself consistently
- Visualize them as being true for you
- Think about what they mean for you

With time, your mind and your words will align, and you will be truly unstoppable.

Live Well,

'Tola Oladiji

AFFIRMATIONS FOR BODY IMAGE



Your body image refers to the way you see, think, and feel about your body. The following affirmations will help you develop a healthier body image. Say them aloud to yourself as often as you can.

My body is a work in progress, and a masterpiece at the same time. It is flawed, and yet perfect.

It is not perfect and beautiful because society says so; it is perfect and beautiful because it belongs to me. Therefore, I will treat it with the respect and love it deserves.

Yes, I am at peace with my body, and I make a conscious choice never to look down on it because of what people say.

Today, I refuse to judge my body for not conforming to the standards of perfection set by other people. Instead, I will accept it and love it to the best of my ability.

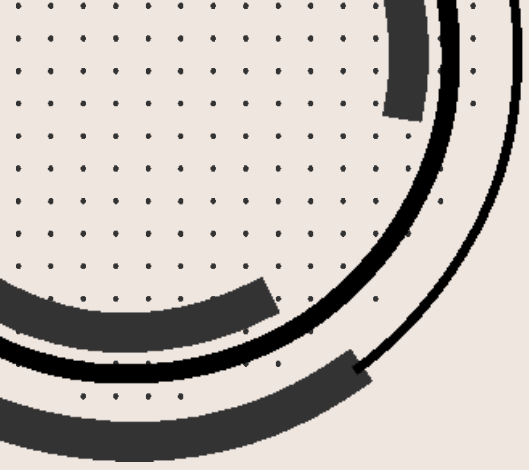
I will eat healthily, exercise often, and rest well.

When my body needs healing and recovery from stress, I will choose it over any other thing.

I will not indulge in self-harm or self-hate. I will not participate in any form of body shaming again.

As long as I live, I will honor my body and treat it right.

Today, and every day this week, I will love my body as it is and be grateful to God for it.



AFFIRMATIONS FOR SELF-ESTEEM

Self-esteem refers to the sense of personal value you hold about yourself. It describes your opinion of yourself and your abilities. The following affirmations will help you develop healthy self-esteem. Say them aloud to yourself as often as you can.

I am competent, smart, and gifted.

I am intelligent and wise.

I am self-disciplined and full of self-control.

I believe in myself and I recognize the many good qualities I have.

I see beyond my weaknesses and I focus on my unique strengths and abilities.

I am always growing and developing in my areas of strength.

Every day, I become better and better.

*My mind is full of possibilities. My dreams are valid. And
my spirit is unbeatable.*

*When challenges come my way, I face up to them and I do
not run away in fear.*

I have what it takes to succeed, and I am confident of achieving my aspirations.

I will no longer shy away from opportunities and relationships because of the fear of failure.

I will take my chances as they come.

I give my all to my goals and I acknowledge the progress I make.

I have a mindset that moves me forward and positions me for growth.

I choose to surround myself with the best people, and I will no longer gravitate towards people who are bad for me.

Beginning from today, I will no longer define my worth as a person by what I have or do not have.

I will no longer pursue acceptance and approval from people.

I will stop comparing myself with others.

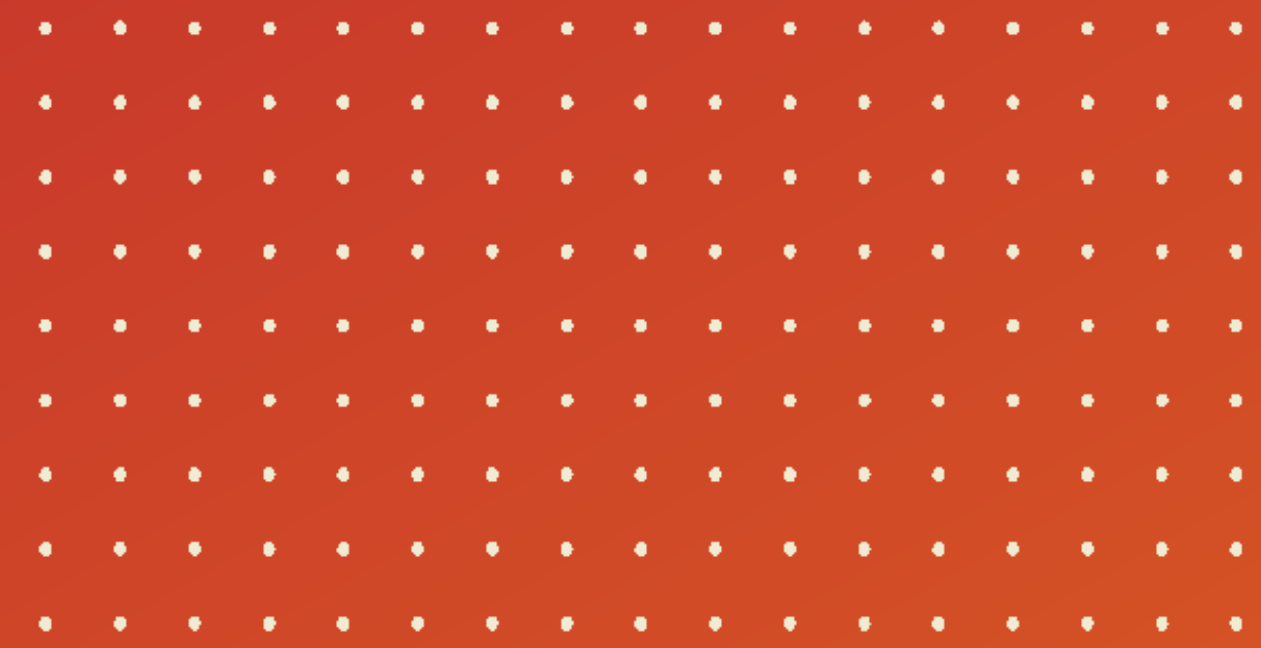
I acknowledge that I am different, unique, and not the same as any other person.

So, I make a conscious decision to let go of any negative thoughts I have about myself.

I can do great things, and I will do great things in life.

I will realize my full potential, and I will live a meaningful and impactful life here on earth.

AFFIRMATIONS FOR SUCCESS AND ABUNDANCE



An abundance mindset is one that allows you to see possibilities when other people see limitations. It is a mindset that allows you to think big. The following affirmations will help you develop a success and abundance mindset.

My life is full of abundance, and I see this in every area of my life.

There is abundance in my thoughts, increase in my mind, and expansion in my spirit.

I thrive in everything I do, and my progress is in leaps and bounds.

My career and business are moving with incredible speed as I deliver on my duties with excellence and superior ability.

My mind is alive to intelligent ideas that will elevate me, and I execute these ideas with wisdom and skill.

I am a shining light in my industry, and I bring innovation and creativity to my operations.

Indeed, I am no stranger to success, and I recognize it for what it is – a tool to live a life of impact for others.

Therefore, I affirm that my life is one that resonates around my world as an impactful one.

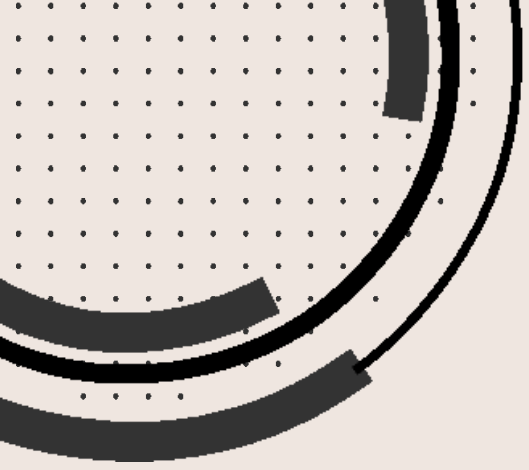
I never stop learning and I see opportunities for growth everywhere. I am always improving every day for the rest of my life.

*Everything that happens to me – both positive and negative,
are experiences that I can learn from.*

I bear no grudge nor hold any evil thought towards anybody.

*I am not envious of anyone's success or growth, because I
recognize that there is more than enough for everyone.*

*There are so many possibilities for me as a person, and I will
pursue as many of them as I can.*



AFFIRMATIONS FOR LOVE AND RELATIONSHIPS

We are all created to be in supportive and thriving relationships with the people around us. Where this is not in place, we may find ourselves struggling in other areas of our lives. The following affirmations will help you in your desire to build healthy and positive relationships in your life.

I am worthy and deserving of being loved.

I love myself and I love those around me.

My heart is open to love, and I attract only the right kinds of people to myself.

I become conscious of any unhelpful thought and behavior patterns that predispose me to the wrong people, and I no longer exhibit them.

I will no longer get sucked into the cycle of unhealthy relationships with people who are not good for me.

Everyone in my inner circle is committed to my wellbeing, and I am committed to their progress and advancement too.

Yes, I love being drawn to people who bring out the best in me. And I am not afraid of getting into solid friendships with them.

My friends love me and accept me for who I am, and there is no pretense or deceit in our relationships.

I thrive and I enjoy being in a loving and supportive relationship.

I am forgiving and understanding of my partner, and together we are building a relationship that is a pleasure to us.

We are flexible and patient with each other, and we support each other's goals, dreams, and aspirations.

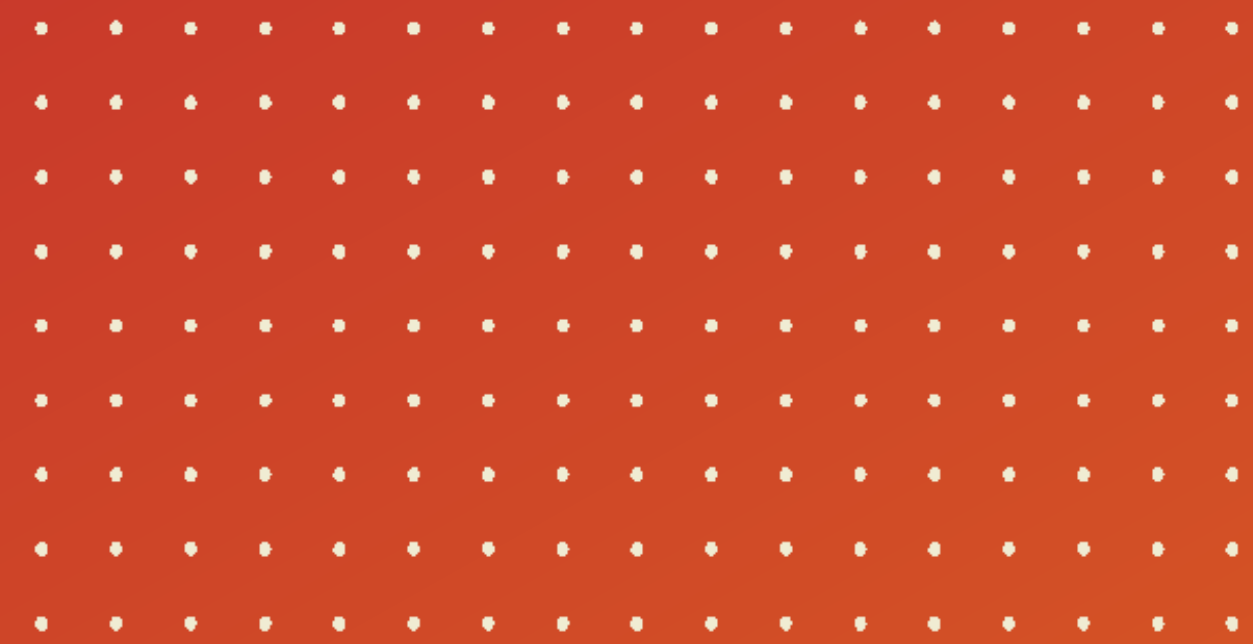
Our relationship grows deeper and stronger and we learn to trust each other more and more every day.

Today, I choose to love, forgive, and accept my partner. And they choose to do the same for me.

I let go of any unhealthy attachment to past relationships and I build trust and intimacy with my partner.

We bring each other happiness and all is well with us.

AFFIRMATIONS FOR ANXIETY AND FEAR



The following affirmations for fear and anxiety are based on biblical truths found in God's word.

Say them aloud to yourself as often as you can.

*I am a child of God. Loved and accepted unconditionally
by Jesus.*

*Therefore, I stand in this confidence and affirm the
following truths.*

*God is always with me because He has promised to never
leave me nor forsake me.*

I belong to Him and He works out all things for my good.

*I am strong and courageous. I am not afraid because I know
He watches out for me.*

Today, I choose to say no to anxiety and fear.

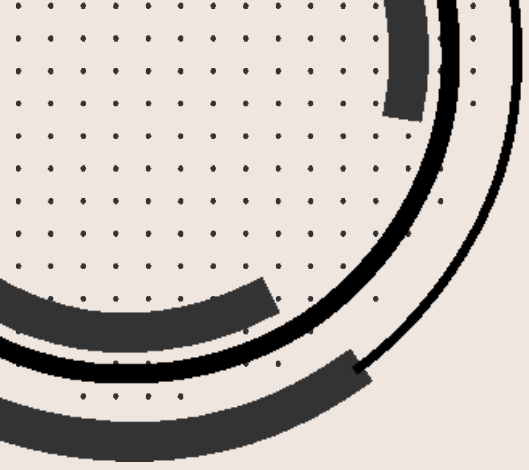
*I choose to trust God with my life and turn my future over
to Him.*

*He is my helper and my strength. My shield and my
defender.*

I am confident that nothing can ever separate me from His love, and I rest in His promises.

I am no longer afraid of my tomorrow. I am no longer anxious about the future.

The God of the Universe is on my side, and there's nothing anyone can do about it!



AFFIRMATIONS FOR TODAY

Every day is a new opportunity to start again afresh. Start your day right with this short routine of positive affirmations. Say them aloud to yourself as you begin your day.

Today I am grateful for all I have.

I'm still breathing, and I'm still living. That means I have a purpose on earth, and I intend to fulfill it.

Every step I take will lead me closer to destiny.

Today is a good day for me. I will not allow anyone ruin it with their words or actions.

I let go of all negativity, and I focus on what is important for me.

Today, I am at peace with myself.

I am full of life and hope.

And I am confident of great things happening for me.,

I accomplish my goals. I realize my targets. I achieve my objectives.

Things are working out for my good, and I trust my process.

Today: No excuses! No regrets! No stories!

I will do it afraid. I will seize my chances. I will make the most of my opportunities.

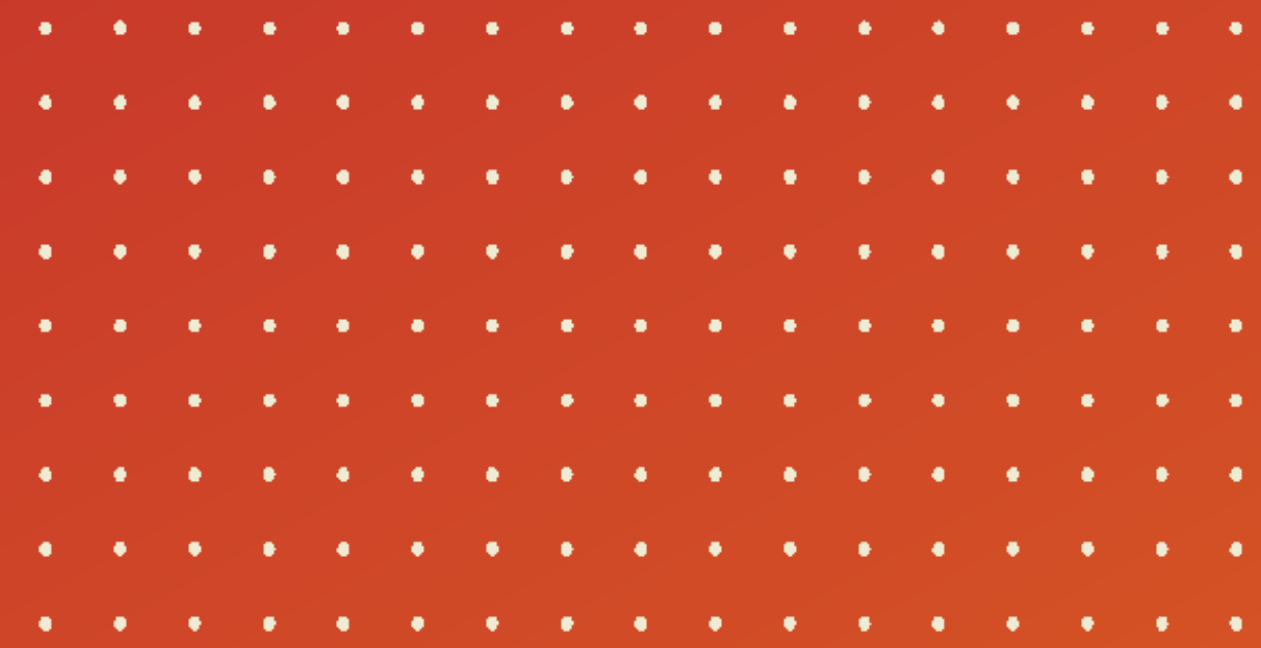
Because I am bold. I am brave. And I am courageous.

Fear will not keep me back. Instead, I use it as a catalyst.

I am excited about my purpose. I am confident about my vision.

Because today is one of the best days of my life!

BONUS: AFFIRMATIONS FOR TEENAGERS



Your life will move in the direction of your most dominant thoughts. If you want to move your life forward, then your mindset must be in alignment with your dreams and goals. The following affirmations will help you program your mindset for success in life.

I am strong. I am confident. I am brave.

I become better and better every day.

I am smart, intelligent, and full of good ideas.

My mind is sharp, active, and sound.

I learn from my challenges and I find ways to overcome them.

My dreams are valid and I have a very bright future.

I look forward to being one of the best at what I do.

I matter, and what I have to offer to this world matters too.

I love myself and I accept that I do not need to be perfect.

I love and respect my family for all they do for me.

I love my body, and I refuse to compare myself with other people.

I am in control of my emotions and no one can make me feel inferior without my permission.

Today, I will speak to myself with kindness. I will not beat myself up over my flaws.

Instead, I will learn from them and gain more wisdom.

ABOUT THE AUTHOR



'Tola Oladiji

Thank you for downloading this affirmations eBook. I thought I should introduce myself before you leave.

I am an Emotional Wellness Coach certified with The Academy of Modern Applied Psychology. I am also a member of the International Association of Positive Psychology Coaches and the Life Coaches Association of Nigeria.

Typically, I work with regular people like you who want to learn how to improve their emotional health, so that they can enjoy a better quality of life in their business, relationships and everyday life.

To find out how I can help you, please visit www.tolaoladiji.com.



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KEEP IN TOUCH!