

POSITIVE AFFIRMATIONS TO  
PUT YOU BACK ON TRACK

# A WAY OUT



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# *I HAVE GREAT STRENGTH IN ME, AND I CAN ENDURE ALL!*

I face the challenges of life with a bold heart and peace in my mind! Whatever challenges I face, I know that I am perfectly able to deal with them! Gone are the days full of worry! And gone are the fears that I used to have! Today, I am at my best! Now, life is different; and I am different! I am strong today! I am bold today! I am courageous today! I am full of faith today! I am my true self today! And I love myself today! Nothing can scare me: I am full of bravery; and I myself am enough today!

My fears disappear with each breath that I take! Moment after moment, and my fears are gone! Emotions of fear do not reside in my head! Fear is weak against me; it has no real power! I switch fear for boldness and courage! I am tough, and fear cannot stand on my way! I live a fearless life; and with each breath that I take, boldness comes!

*Yes, I am strong!*  
*Yes, there is hope!*  
*Yes, I see possibilities!*

# *IN ME ARE THE RESOURCES THAT I NEED TO GO ON!*

In times of darkness, I turn to my inner light! When darkness comes, I look inside of me! When anger comes, I stop and look within! The light and faith are there within! Sunshine is in my heart! Happiness is in my heart! The light is there in my heart! Whatever I need, I find it within! My faith is within! In times of darkness, I have plenty of resources within me! I am light; I am hope; I am love; and I am loved! No darkness can scare me, my light shines from within! And hope is in me!

I am able to persevere and overcome whatever it is that troubles me! I persist! I persevere! I last through the hard times! I have enormous powers in me, and I can go on! Even when it seems to be too hard, I am able to handle the circumstances of my life! Whatever it is that troubles me, I can overcome it! And I overcome all obstacles with ease! I persevere, always!

*Yes, I am capable!*  
*Yes, I am enough!*  
*Yes, I have enough!*

*SADNESS CANNOT MAKE  
ME LOSE HOPE! AND  
FAITH IS WITHIN ME!*

Sadness quickly goes away; there is no time to waste being sad! Whenever sadness comes, it quickly goes away! I know how to keep sadness out of my life! I know how to be happy; and I know how to be and stay inspired! Sadness has no place in my life: happiness is in it! Sadness has no power over me: happiness has the power! I know how to deal with the feelings of sadness and anxiety, and I am perfectly able to overcome them! I look within, and I find strength!

Now, I am calm; I stay at peace with this very moment; and I stay strong and powerful! I look within, and I find happiness and purpose! I am strong; I go on; sadness leaves; happiness comes! I look within, and I find reasons to go on! Gone are the emotions of sadness and loneliness; and gone is the guilt! I am free today! And I feel free today! Ahead of me is happiness!

*Yes, I am free today!  
Yes, I am bold today!  
Yes, now I am me again!*

# *I TAKE ACTION, AND FEAR GOES AWAY! I BECOME FEARLESS!*

Forgotten are the days when I used to worry: I am calm and secure now! Feelings of worry have no place in my life now! I am calm, with a peaceful mind, and joyfully expecting each day! I live a calm life now: I live a peaceful life! I have in me the capacity to deal with the troubles of life, and this makes me feel calm, safe and secure! I am the one on charge of my own life now; and with each day, I get more and more confident in dealing with the challenges of life! Yes, I am great at life; I am great at living!

I do not have to worry: I stay calm! Whatever troubles I may have, I stay calm and at peace with life! I know that it all is going to be well in my life; it always is! My life is going to get back to normal, and I am soon to be happy again! My problems and worries cannot make me sad or anxious because I know that they are soon going to pass! All of my troubles are soon to be gone!

*Yes, I feel great!*

*Yes, I feel big!*

*Yes, I feel happy!*

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