

**POSITIVE AFFIRMATIONS TO HELP YOU  
IN TIMES OF PAIN**

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## **IN TIMES OF TROUBLE, I CAN TRUST IN ME!**

I completely trust myself and have faith in myself! I have the strength to overcome whatever challenging situations come my way! I have the resources needed: I can trust in me! I am able to handle the difficulties of my life! I am able to be and to stay strong! I have giant powers in me! In times of worry and trouble, I can always trust in me!

## **NO STRESS, NO PAIN, NO TROUBLE, AND NO HARDSHIP CAN MAKE ME SAD OR SLOW ME DOWN!**

There is nothing stronger than my will to endure and find a way to enjoy life! I know that I can be happy and live a happy and fulfilling life! I am filled with inner strength! I receive higher guidance! Once I get determined, nothing has the power to stop me or slow me down! With my actions, I progress! With my faith and will, I overcome all obstacles!

## **THOUGHTS OF WORRY AND PAIN DO NOT LAST LONG IN MY MIND!**

I easily shift from feeling bad to feeling well and relaxed! Things come and go; I don't waste my time dwelling on the past or worrying about the future! I have plans to fulfill, dreams to achieve - this is what I think about! I am concentrated on the present moment and act according to my plans and desires!



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## **NO MATTER THE PAIN I FEEL, I CAN GET BETTER!**

With time, I can get better! No matter how I feel, I can feel better, and I can improve! Each day, my pain is lesser than the day before! Each day, my pain disappears! I get better and better with time! As the days pass, my condition improves more and more! No matter my current situation, I can always get better with time – and I do get better!

## **I AM CALM, AND I CAN TAKE CARE OF MYSELF!**

Whatever happens, I remain calm! Whatever goes on around me, my mind stays peaceful, and there is also peace in my heart! I can take care of myself; and no matter the circumstances, I am fine, and I am strong! In challenging times, I rely on me! In tough times, I get tougher and tougher! I am enough; and I take care of myself, always!

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

Whatever difficulties I face, I can endure them all and remain calm! Whatever challenges come my way, I have the strength I need to go on and to never lose hope! Within me are deep resources of strength, faith and courage! Each day, I find boldness within me; and I act boldly in my life! And each day, I am able to endure all I face in life!



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## **FEAR IS USELESS: I CHOOSE BRAVERY INSTEAD!**

Whenever fear comes, I choose bravery instead! I choose to act with courage, and soon my fear leaves! I am strong, brave, wise, and able to go on with my life despite feeling the fear! Emotions of fear come and go, and I do not pay any attention to them! Fear is free to come and free to go – I simply do not care! It cannot frighten, scare, or trouble me! Fear is useless, and I always have the option to choose something else instead: and I choose bravery; I choose courage; I choose to act with faith!

## **FEELINGS OF SELF-PITY HAVE NO PLACE IN MY LIFE!**

Each day, my life is in my hands, and I have power over what goes on in my inner world! I do not allow feelings of self-pity to disturb me or cause me to worry! My life depends on me; my inner world depends on me – it is under my control! Each day, I am the master of my mind, and I allow only positive, nourishing thoughts to entertain it! Thoughts of self-pity, worry and doubt are not welcomed in my life, and as soon as I notice them, I quickly replace them with some positive, empowering thoughts – thoughts that make me feel good about myself!

## **I AM LIVING A LIFE OF GRATITUDE, AND HAPPINESS IS IN ME!**

Constantly, I feel grateful! My days start with gratitude and end with gratitude! It is easy to find things to be grateful about, and the more I think about my life, the more grateful I become! I am enough, and all in my life is enough! I am grateful, and I cherish each moment that I have!



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## **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!

## **IF I KEEP ON AND PERSEVERE, THINGS CAN CHANGE, I CAN CHANGE, AND MY LIFE CAN CHANGE!**

I am steadily motivated to go on – to persevere! Each day, I stay motivated and keep on following my plans! Each day, I persevere, and thus, I get closer and closer to the attainment of my goals! It all depends on me, and through perseverance, I can achieve it all and be happy!

## **WITH EACH NEW DAY, MY MIND AND BODY HEAL!**

Each day is a healing day! Each day is a soul cleansing day! My body has its own rhythm, and it is perfectly good! I heal: daily I heal! My pains go away, and pure health comes! Health comes to me, and I gain strength! Health comes to me, and I gain power! My mind and body heal, and I get physically and mentally better and better!



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## **PAIN HAS NO PLACE IN MY LIFE, IT QUICKLY GOES AWAY!**

Whenever I feel pain, I know that it soon is going to leave me! Pain is going to leave me, it always does! It may stay for a while, but eventually it leaves, and I find peace again! I always learn something new from the pain that I experience! Pain is a good teacher: I learn to be patient, and I learn to live with hope!

## **I AM STRONGER THAN WORRY AND ABLE TO GUARD MY MIND FROM UNWANTED THOUGHTS!**

I do not allow worrisome thoughts to trouble me: I know better than that! Worry and its friends are not welcomed in my life! I am living my life free of worry, free of pain, and free of the daily negative concerns of life! My mind is quiet, peaceful and calm! Nothing troubles me – nothing bothers me! Daily, I guard my mind from unwanted thoughts, and I am an expert on that! Constantly, I stay aware of my thoughts and purposefully choose to keep only the helpful ones!

## **LITTLE BY LITTLE, MY WORRIES AND PROBLEMS DISAPPEAR!**

I look at the future, and it seems bright – no worries, no pain, and no troubles! Each day, I train my mind to not worry but be calm instead, to not be sad but be joyous, and to always look for the positive things in every situation!



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## **I CHOOSE TO LIVE A HAPPY LIFE!**

Daily, I choose happiness! Daily, I choose to act with kindness and love! Daily, I feel loved, respected and cherished! My life is happy and filled with joy and pleasant emotions! I choose to feel happiness instead of pain! I choose to be free instead of being captured in negative emotions! I choose to live in the present instead of living in the past! Each day, I choose to live a happy life, and my life is filled with constant happiness!

## **MY HOPE GUIDES ME, AND IT GIVES ME STRENGTH AND POWER!**

My hope stays! No matter what, my hope stays! No matter who, my hope stays! No matter how, my hope stays! No matter when and why, my hope stays! I have hope, and I am hope! I act with hope and am driven by hope! I get encouraged, and my spirit gets lifted by the hope that I have!

## **EACH SINGLE DAY IS A SPECIAL DAY FOR ME!**

Each day is a nice day! Each day is a special, pleasant day for me! Each day, I live my life with happiness in my heart and joy in my spirit! Each day, I allow myself to feel good, to feel great, to feel awesome! Each day, I allow myself to be my true self and to experience life to the fullest! Each day, special things happen to me, and unique experiences come my way! Each single day is a special day because it is a unique day of my life, and I can make unique choices in any direction I choose!



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## **I START MY DAYS WITH POSITIVE THINKING!**

I start my days in joy! I start my days with positive thoughts about the world around me, and I only see the beauty in it! In the morning, I feel blessed and grateful! The more positive I think, the better I feel! And the better I feel, the more I take positive action in the direction of my dreams, and the happier I get!

## **I HAVE PLENTY OF REASONS TO SMILE!**

I see the beautiful things in my life! And I have the habit to be positive and to smile a lot! I always remain calm and optimistic about my life, and I always smile! I have reasons to smile! My life makes me smile! My relationships make me smile! My thoughts make me smile and feel pleased! My attitude towards life is good, and I smile with all my heart each day!

## **THERE ARE ALWAYS THINGS TO MAKE ME FEEL GOOD, AND I CONCENTRATE ON THEM!**

I concentrate on the good things in my life! I pay no attention to worries and troubles because I realize that they simply come and go, and I stay in a good mood and grateful for my life! I think positive thoughts and envision a positive life! I am concerned with the good things that happen to me! I am thinking constantly good thoughts and having good ideas! I am living a good life! I appreciate my life, and thinking about it makes me feel good!



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## **I AM POWERFUL, AND I CAN MAKE POWERFUL CHANGES IN MY LIFE!**

My life matters; my work matters; I matter; and what I feel matters! I can help many people; I can inspire; I can contribute good things to the world! I feel inspired, and I inspire! I feel blessed, and I show other people their blessings! I feel motivated, and I motivate others! I am important, and what I do is important! And daily, I make a positive impact to the world!

## **I AM CAPABLE OF ACHIEVING GREAT THINGS, AND I ENCOURAGE MYSELF!**

I believe in myself and my abilities, and I constantly encourage myself! When I am in need of motivation, I motivate myself! When I am in need of help, I help myself! I am capable of doing miracles: amazing things can be done by me! And daily, I trust in my abilities, and I believe in me!

## **I AM POWERFUL, AND I HAVE THE STRENGTH TO CONTROL MY LIFE AND CIRCUMSTANCES!**

I am the creator of my days! My future depends on me, and I am perfectly able to shape my life! I can manifest the reality that I want, and I do manifest the desired life for myself! The strength is with me; I am full of courage! I am strong; I am guided and never alone! I can influence my circumstances and create them the way that I want them to be!

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## I AM OK WITH MY LIFE, AND LIFE IS OK WITH ME!

I am glad to be alive, and I am OK with my life! I accept the things I cannot change, and I live in peace with them! I have big hopes for my future, and I have great plans! I never lose sight of the things I want, and I never lose hope! I feel OK with my life! I am OK with the things that are present in my life: I accept them and am able to move on! And as I am OK with life, life is OK with me!

## HAPPINESS RESIDES INSIDE OF ME!

Being happy is my true destiny: my true self, my true life passion! Being happy is part of who I really am! Happiness is inside of me, and I can always choose to be happy! No matter what goes on around me, happiness is always available for me! As long as I look inside, I can be happy! As long as I want to be happy, I can be happy! As long as I am quiet and still, I can be happy! As long as I cherish the little things in life, I can be happy! As long as I pay attention to my heart, I can be happy! And as long as I cherish myself and my life, I can always be happy! And I am happy!

## I FEEL GREAT EACH DAY, AND ALL MY PROBLEMS AND WORRIES DISAPPEAR!

My problems find their solutions with ease! And all my worries leave fast! My life is calm, peaceful and free from worry and pain! Each day, I feel great! Each day, I am happy and free! Each day, my worries disappear, and I feel pleased and grateful!



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## MY ATTITUDE IS POSITIVE, AND I FEEL GREAT!

My approach to life is always positive! I think good about my life! I think good about myself! Positive emotions fill my days with joy; and constantly, I welcome happiness in my life! My days are blessed with sunshine and lots of smiles! My nights are calm and serene! My life is easy and smooth! Everything works for me and through me! My life is for me! And I am for my life! I am here to live a happy life, a blessed life, a joyful life! I am here to experience emotions of gratitude and pleasure! I am here to learn; and constantly, I learn valuable lessons in my life!

## I DO WHATEVER NEEDS TO BE DONE!

I am aware of my responsibilities in life: whatever needs to be done by me, is done by me! I do not rely on somebody else to do my work, I do it myself! And I feel great knowing that my life depends on me! I never complain: I act, I do whatever is required from me! My life depends on me; my happiness depends on me! Whatever there is that needs my attention, gets it! I am alert for things that I have to do, things that are my responsibility, things that I should take care of! I am in control of my life; I watch over my life; I am responsible for my life! I do what is necessary to stay in control of my life!

## WHATEVER HAPPENS, I AM GRATEFUL FOR MY LIFE!

Whatever goes on in my life, I remember to stay grateful and thankful! Expressing gratitude is a vital part of my life! Daily, I express gratitude and find numerous things to be grateful about! I look at my life with positive eyes! I am grateful, and I cherish life!



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## THE PAST IS OUT OF MY LIFE!

Past worries and troubles stay out of my life! They are long forgotten! I think about my future and create great plans! I am obsessed with the Now, with the present moment! Whatever happened in the past has no power over me! I have no interest in past events, worries or pains! I am interested in the Now! I live my life in the Now!

## NOTHING BOTHERS ME TODAY!

My mind is free today, my inner critic is gone! On my mind are good things, good plans and feelings! I feel calm today; I feel at peace with myself and my world! Nothing troubles me today, I am thankful for that! I enjoy this day! Today is a non-worrisome day, I am happy about that! I want more of my days to be like that! I feel amazing today, I feel free! I am free of worry, free of pain; only peace, love, joy, happiness and gratitude are on my mind today! What a perfect day – today!

## I AM CAPABLE OF ACHIEVING INCREDIBLE THINGS IN LIFE!

My life depends on me, and this is a good thing because I am able to make an awesome life out of it! I am capable of achieving it all in life! I trust in myself when it comes to dealing with a worrisome situation and turning it around. I always find the positive things in everything! I am someone who achieves success with ease, who perfects their skills, who improves constantly, whose life improves too. I achieve incredible things in life! I am capable of achieving more than I could even think of! I have the qualities of an achiever, a winner, a strong person, a person with courage, a bold person who is not afraid to live! My life is amazing because I make it this way!



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## THE HAPPIER I AM, THE EASIER I LIVE!

My life gets so much easier when I am happy! Happiness changes my days! Happiness changes my life! Each day, I can choose to be happy and find things to be happy about! Each day, the power is in me to be happy! I realize that my happiness depends on me! Life becomes easy when I am happy! Each day, I try to be as happy as possible, and I feel great while doing so, my life gets so much lighter, and I am eager to live it and enjoy it!

## GOOD THINGS ARE SUPPOSED TO HAPPEN TO ME, AND I EXPECT BLESSINGS OF ALL KINDS DAILY!

Each day, I expect and am ready for the best! Truly amazing experiences happen to me; only good things await me! Each day, miracles happen to me, and great, marvelous things await me! Each day, I am calm because I expect the best from life; and since I expect the best, I always look for it and get it!

## MY LIFE GOES IN THE RIGHT DIRECTION!

Each day, I make the right moves, take the right actions and come to the right conclusions! Whatever I start, I finish it with success! Whatever I set my mind to, I achieve it with ease! My life reveals in joy and harmony! Each day, I am calm about my life because I know that it goes in the right direction. I am sure that my future is going to be bright: free of worries, free of pain, and full of happiness, joy, love and harmony!



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## **GOOD THOUGHTS EASILY COME TO ME!**

My mind is filled with good thoughts: thoughts of love, happiness, freedom, clarity of mind, positive achievements and enjoyable moments with the people that I love! My head is filled with thoughts of happiness, awesomeness and perfection! My life is perfect; and I am perfect! My plans are perfect; and the situations that I find myself in are perfect! I am on a perfect path; and I am meant to be on that path! Life works for me! My life works for me! And my experiences work for me!

## **I AM CALM; I AM FREE; I AM SAFE; I HAVE ALL, AND I AM ALL!**

I need nothing else: I have it all! I am all, and I want nothing more! Whatever I am, I am; and I am pleased with myself! I am happy with myself the way that I am! I like myself just the way I am, and I wish for nothing more! I am safe, complete and free! I am one with all, and all is in me!

## **I CHOOSE TO BE IN CONTROL OF MY LIFE!**

No one can stop me: I choose to be in control of my life! Nothing has the power to slow me down: I choose to be in control of my life! I choose to make the important decisions, and I choose to follow my plans! I choose to live a good life and have good thoughts! And each day, I purposefully choose to be happy and to live a life of gratitude!



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## **I AM THE CREATOR OF MY OWN WORLD!**

I think; I make the right choices; and I take the right actions! Each day, I create my own world! And each day, I am the creator of my destiny! I have good days; and good days make a good life! My world depends on me: I make the choices, and I take the actions! I create my world with ease; and whatever happens in my life, I make the best of it!

## **MY LIFE IS A MASTERPIECE IN CREATION, AND I AM ITS CREATOR!**

Each day, I create my life! Each day, I do the things that I want to see in my life! Each day, my life depends on me! I realize my power to create my life! I am the one who is on charge when it comes to my life! I am on the wheel of my life! Each day, I do my best and create a masterpiece out of my life – this makes me happy and glad!

## **I THINK ABOUT MY LIFE, AND MY MIND IS PEACEFUL!**

My mind is free of worry, free of pain! My mind is clear, and my thoughts are clear! My life belongs to me! And my future belongs to me! This very moment belongs to me; and when I think about my life, my mind is peaceful, and my heart is happy!



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## **I AM THANKFUL FOR MY LIFE AND EXPRESS GRATITUDE DAILY!**

Since I have my life, I can dream! And since I can dream, I can live a better life! My life is given to me to be happy and to achieve great things! Daily, I express gratitude and find numerous things to be grateful about! I look at my life with positive eyes! I find the beauty around me! My mind concentrates on the good, on the positive: on happiness, success and personal fulfillment! My heart is happy; I am happy! I am grateful, and I cherish life!

## **NO MATTER THE DIFFICULTIES I FACE, I AM ALWAYS POSITIVE AND EAGER TO LIVE MY LIFE AND ACHIEVE GREAT RESULTS!**

The daily challenges of life motivate me and make me do my best! I am strong and courageous! I live with hope! I am powerful and capable of achieving the results that I desire! My life is in my hands, and I am pleased! Daily, I stay pleased and content with my life and encourage myself to proceed on my path with peace, serenity and love!

## **MY DARK DAYS ARE GONE!**

Gone are the days that I used to worry; and gone are the sleepless nights! I am a strong person now! Yes, I am a strong individual; and I am capable of anything and everything! 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! In front of me is joy! I am happiness! And I am pure joy!

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