

POSITIVE AFFIRMATIONS TO ACHIEVE  
INNER PEACE

I AM  
CALM  
NOW

[AFFIRMATIONS.ONLINE](http://AFFIRMATIONS.ONLINE)



I AM  
CALM  
NOW

## **I AM CALM: I STAY CALM ALWAYS!**

Daily, I stay calm, and my mind is at peace! I have good thoughts! I have helpful thoughts! I have thoughts that make me feel good! My mind is calm, and my heart is calm! I am in harmony with my emotions! And I live in harmony with the world! Whatever happens, I stay calm! Whatever happens, I stay brave! Whatever happens, I am able to experience joy! There is always hope for me! There is always joy for me! And there is always happiness for me! Now, I am calm! And I will always be this way – calm and secure!

I AM  
CALM  
NOW

## PEACE SETTLES IN MY HEART!

Each minute of every day, my mind is peaceful and quiet! There are no loud noises in my head; my thoughts are helpful and make me feel great! I think about my life with a smile on my face! I think about my future with hope and great anticipation! I think about my dreams, and I feel worthy of achieving them all! I live a calm and peaceful life, and nothing has the power to bother me! Constantly, I am at peace with my world, and joy is my number one companion!

I AM  
CALM  
NOW

## HIGHER POWERS HELP ME ON MY WAY!

I am guided, gifted, protected and safe! I am never alone: I am always guided! I am never alone: I am always protected! I am never alone: higher powers are looking after me! Each step that I make – I am not alone on my way! My each move is protected! My each experience is checked and approved! Everything happens for a higher reason and purpose! My life is safe, and I am safe! And everything is all right in my world!

I AM  
CALM  
NOW

## **I AM IN CONTROL OF MY EMOTIONS!**

**Whatever happens in my life, I stay in control of my emotions! I am in control of my life! My feelings have no power over me – I am in control of them! I take the right decisions and make the right moves! I am in control of my moods, and I can quickly change how I feel! My emotions are a friend of mine: they help and support me; and I am in complete control of how I feel!**

I AM  
CALM  
NOW

## MY HEART KNOWS THE WAY!

I listen to my heart and find peace! I listen to my heart and find joy! I listen to my heart and find a purpose in life! My heart knows the way, and I listen to it daily! When in doubt, I listen to my heart! When fear comes, I listen to my heart and find courage and boldness in me! My heart knows the way to happiness and fulfillment and shows it to me each day!

I AM  
CALM  
NOW

## **I CAN BE PATIENT, AND I CAN BE CALM!**

**I can stay calm and with a peaceful mind! Even when the situations of my life are challenging, I can remain with an untroubled mind and be patient! With time, it all goes well again! With time, my life goes back to normal! I can wait; I can be patient! When there is nothing to be done, I can stay calm and wait! My life is free from worry and pain because I have the ability to be patient and to keep my mind at peace!**

I AM  
CALM  
NOW

## **SERENITY IS IN ME; CALMNESS IS IN ME!**

**Inside of me, there is a calm and serene world! I have inner peace! I have calmness! I have serenity! I am relaxed: my body is relaxed; my mind is relaxed! Either good thoughts are in my head or no thoughts at all! My muscles are relaxed, and I feel healthy, strong, peaceful and purposeful! I feel one with the Universe: I feel calm, happy and free!**



I AM  
CALM  
NOW

## **I AM CALM AND IN GOOD HANDS!**

**The Universe takes care of me and my needs! I am never alone; I am always helped and protected! I live in a safe place and only good things happen to me! The world loves me, and I love the world! The people I meet each day are good and caring! The Universe is friendly, and I am living my life calmly, knowing that I am in good hands!**

I AM  
CALM  
NOW

## **DURING THE DAY, I FEEL CALM AND SAFE!**

**When it comes to my life, I am safe! I am living in the perfect environment, with the perfect people! I am safe! Hardly can anything bad happen, my days are filled with positive experiences and laughter! I am safe; I can do and be whatever! No one is stopping me, no one is on my way! I decide what to do and who to be, then I act! No one is there to stop me, no one is there to laugh! The Universe responds with care and love! It acts according to my desires! I am provided with all that I need! I am in a safe place!**

I AM  
CALM  
NOW

## **MY LIFE REVEALS TO ME IN JOY!**

**Every day is a day full of happiness and fun! I have peace of mind; I have good thoughts, and I feel good! My days bring me joy and pleasure! My life gives me true fulfillment and enjoyment! I am harmoniously living my life! My days are fun! My experiences are fun! My goals are fun! I am a truly happy human being, and my mind is at peace! I am calm; and my life is calm! My days are calm; and my thoughts bring calmness and serenity to me! I have a positive outlook on life, and I notice only the good experiences in my days!**

I AM  
CALM  
NOW

## MY REALITY IS AMAZING!

My days are fun, and I enjoy myself! My nights are peaceful, and I stay calm and with an untroubled mind! My reality is amazing because I make it so! My days are fun because I make them so! My dreams come true because I work on their achievement! I am powerful, and I make my life powerful! I am strong, and I fill my days with courageous deeds! My reality is amazing; I am amazing! My life is amazing, and I am grateful for each day that I have!

**READ MORE AFFIRMATIONS AT  
WWW.AFFIRMATIONS.ONLINE**



**THIS EBOOK IS FREELY  
DISTRIBUTED BY  
AFFIRMATIONS.ONLINE  
BUT NO COMMERCIAL  
PURPOSES ARE ALLOWED**



**I AM  
CALM  
NOW**