



# DAILY POSITIVITY

POSITIVE AFFIRMATIONS FOR POSITIVE DAYS

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## DAILY POSITIVITY

My happiness is a creation in process! Daily, I create my happiness! I smile, have fun, think happy thoughts, and happiness comes to me! Even if I do not feel like it, I smile! And the more I smile, the happier I become! And the happier I become, the more I welcome happiness in my life!

I am happy because I think happy thoughts! Constantly, I fill my mind with happy thoughts! I try to always stay positive, and I am quite a positive person! I remain calm, happy and untroubled! I see the positive side of life, always! Happiness is in my life, and happy thoughts are in my head!

Happiness comes in my life each day! Constantly, I find happiness in the smallest things I do! I have the daily habits of happiness! Each move that I make brings me closer to happiness! And each thought that I think makes me happy! I am a joyous, positive person who tends to be happy always!

My life provides me with happy experiences! Each day is a day filled with happiness! My happiness depends on me: I am responsible for my life! I choose to have a bright life and future, and I make steps in that direction daily! Each day, I choose to have fun: to be sincere, to laugh!



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Cherished moments of happiness and pleasure fill my days! Constantly, I think thoughts of happiness and experience emotions of joy and contentment: I simply am happy each day! I live in a constant state of happiness and joy; and whatever goes on in my life, I stay happy!

Each day, I stay true to myself! I know my most inner desires, and every single day, I dedicate myself to fulfilling them! I stay true to my inner being, to my higher self; and each day, I live from the heart! I do whatever I desire and stay pleased with the decisions that I make!

I am easily able to shift my mood and become happy again! Whenever sadness comes, I am able to turn it around! I can shift my mood with ease! I am able to fill my mind with thoughts of joy, thoughts of happiness, thoughts of pleasant emotions and success!

I live my life with plenty of enthusiasm! I stay motivated, inspired, and with great enthusiasm! I easily get inspired, and this shows in all that I do! I am enthusiastic about my life, and this makes me happy! I am a person full of happiness and enthusiasm! Constantly, I live an enthusiastic life!



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I have the ability to choose my thoughts, and I choose them wisely! Only thoughts of love, joy, happiness, self-appreciation and self-realization are allowed to entertain my mind! Positive thoughts are in my head! Happy thoughts are all I pay attention to! Constantly, I observe my thoughts and am the master of my mind!

I am a happy person – I enjoy life! Each day, I am happy and in love with life! I love living my life, and I like everything about it! Every single thing in my life – I love it! Every little thing in my life – I appreciate it! My life makes me happy: I feel fulfilled, cherished, loved, and protected!

I love and respect myself; therefore, I choose to be happy! I desire to be content and live a peaceful life, and this is why I choose to be happy! I choose happiness instead of pain! I choose to have a smiling face! I choose to smile with all my heart! I choose to be joyous with all my heart! I always choose to be happy!

The more I enjoy life, the more there is of it to enjoy! Each day, I enjoy my life! I enjoy being alive and having the ability to experience emotions of love, joy, happiness, gratitude, freedom, and fulfillment! Each day, my life is a true joy, and I am happy to be alive!



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Each day, I plant the seeds of happiness! Each day, I enrich my life with happy, positive emotions and actions! Each day, I think positive thoughts and take positive steps in the direction of happiness! I think good about the people around me! I think good about myself!

I am well able to enjoy myself and have a good time! I know how to relax and feel good! Each day, I am able to relax! Each minute is a minute of relaxation and fun! Each minute, I am relaxed and calm! Each minute, I am enjoying myself and having fun!

I am a master when it comes to feeling good! Each day, I feel good! Each day, I think good thoughts and feel good! I feel worthy! I feel strong! I feel amazing! I live an amazing life; and amazing things happen to me all day long! At anytime, I am able to feel good! At any place, I am able to feel good!

I am in a great mood each day! Each day, I feel happy and in a great mood! Nothing can spoil my happiness! Nothing can bring me down! Whatever I do, I feel happy! Happiness always comes to me! Happiness always belongs to me! Whatever I think, I end up thinking happy thoughts!



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Wonderful experiences await me in life! Great things are going to happen to me! I feel amazing opportunities coming! I feel happiness and love coming! My life is full of wonderful experiences, and there are more to come! Each day, wonderful experiences await me, and I am happy about that!

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!

Each day, I open the door to happiness! I am joyous and happy each day! My life is marvelous, it really is amazing how I am able to create it and make it a dream life! I enjoy each day that I have! I am thankful for my days, for my time, for all there is in my life! I am content and happy with my life!

My days are blessed with sunshine! It all works well for me! My life works well! I am amazed at how well my life works! I am grateful for my life and the successes that I achieve! There is sunshine in my days, there is laughter and joy! I envision a happy, prosperous life, and I live in it each day!



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