

# DAILY POSITIVE AFFIRMATIONS

Everything works out for my highest good

I am in charge of my mind

I am strong in mind, body and spirit

I am unique. I feel good about being alive and being me

Amazing opportunities exist for me in every aspect of my life

I choose to be happy right now. I love my life

I appreciate everything I have. I live in joy

I am positive and optimistic. I believe things will always work out for the best

I am a powerful creator. I create the life I want

I am excited about today

I choose to love with an expanded heart

I choose to work with a focused and disciplined mind

I am thankful for all that I have

I create the life I desire

I have unlimited potential

I now release all unnecessary stuff of my past. I consciously create my present and my future

I have all that I need to make today great

I am patient and calm

I am grateful for another day to make a positive contribution

I am a product of my decisions

I am a leader and lover of life

Something magical is about to happen to me today!

Aw-w-w-w,  
The Universe

And then remember, **What is YOURS will FIND YOU**

[www.bjyoga.com](http://www.bjyoga.com)