

Affirmations

For Happiness & Fulfillment

In the infinity of life where I am, all is perfect, whole and complete. Today is a new day. Today is a day for me to begin creating an even more joyous, fulfilling life. Today is the day to begin to release all limitations in my mind. I now choose to release all feelings of incompleteness, inadequacy, comparison, pain or hurt. I release any feelings of emptiness that may be lingering in any corner of my mind.

My consciousness is now filled with cheerful, positive, loving thought patterns that contribute to my emotional well-being. I feel deeply connected with myself and those around me. I love and approve of myself. I know that I am a unique expression of life and experience joy wherever I go. All I need to do is just BE MYSELF. I am comfortable within and enjoy the silence of my mind. I enjoy my alone time and also celebrate my connections with people. I am at peace and all is well in my world. So it is.