



I am not good enough

I have unique skills and capabilities to share with the world. I am constantly learning & growing. I am confident in my talents, strengths, gifts, and abilities.
I am enough.

I am not lucky

I am grateful for the life that I have. Everything is working out for my highest good. Each new day is filled with infinite potential and possibility. Life supports me.

It is not safe for me to express my feelings

I acknowledge and accept my feelings. I express what I feel, with compassion & respect for self and others. It is absolutely safe for me to express my feelings

Life is hard

Life is easy. Life supports me. All my experiences add to the richness of my life. My life is filled with purpose, meaning and passion.

People cannot be trusted

Everyone is operating from their own level of awareness. I choose to forgive and let go. I now attract people and experiences that are positive and serve my highest good. I trust myself.

Relationships are difficult

My relationships are filled with joy, fun & love. Relationships are easy. It's a joy to be connected with others. I freely give and receive unconditional love and acceptance to myself and others. I release criticism & judgement.



It's not safe to assert myself

I respect myself. I express my feelings and needs with ease. I deserve to be heard. I have a strong voice. It is safe for me to be open. It is safe to ask for what I want.

I am not smart enough

I am strong in my values and confident in my abilities. I am good enough for all situations.

Money does not come easy

I have a wonderful, positive relationship with money. I always have enough. I deserve to be wealthy.

I should give up my needs to take care of others

I give myself permission to have my needs. I love myself therefore I take care of my needs. When I take care of myself, it gets easier to take care of others. I deserve to get my needs met, respectfully.

I can't be myself

It is safe for me to be myself. I continue to learn, grow, and evolve with each passing day. It is a joy to be ME. I love and approve of myself.

I have to be in control at all times

I trust my inner wisdom to guide me. I trust life. I let go of the past, surrender concerns about the future, and openly receive the experience of the present moment. All is well in my world.