

## Example of Positive Belief Statements

Below is a list of sample positive statements that may be used to replace negative statements. The following list is SRA material and FREE to use and distribute by all.

1. I do my best.
2. I love myself.
3. I allow myself to grow in my own space and time.
4. I allow others to grow in their own space and time.
5. I am open to and worthy of all the abundant blessings of this universe.
6. I respect myself.
7. I respect others.
8. I take responsibility for myself.
9. I allow others to take responsibility for themselves.
10. I have everything to give and receive through love.
11. My expectations are realistic.
12. I am flexible.
13. Others are flexible.
14. I am trusting of nourishment and support in this universe.
15. Life is a joy!
16. I trust myself.
17. I am successful.
18. I am [client's complete name]. (This is used to establish the client's base for identity.)
19. I am physically, mentally, and spiritually whole.
20. I am free. (Alternative: I am free with God.)
21. My focus and direction is peace.
22. I trust myself for my guidance.
23. I have it all.
24. I am unlimited.
25. I am kindness.
26. I am deserving of and receptive to kindness.
27. I am worthy of a successful and happy relationship with a successful, happy [man, woman, person, or people].
28. My work is exciting.
29. I am integrated in all situations.
30. I take charge of my own life.
31. All is in Divine Order, and I am accepting of this order.
32. Everything comes to me easily.

33. I am beautiful, internally and externally.
34. I am a radiant light of love.
35. I am naturally enlightened.
36. I am the master of my life.
37. I have everything I need to enjoy the here and now.
38. I trust my future.
39. Everything I need is already within me.
40. My highest wisdom comes from my heart.
41. I am whole and complete within myself.
42. I appreciate myself.
43. I am loved and appreciated by others.
44. I love others.
45. I now attract to me loving, healthy, and happy relationships.
46. My job provides (happiness, prosperity, creativity, etc.) for me.
47. Together, my job and I provide our highest possible service to the universe.
48. I love my work and am richly rewarded.
49. I am an open channel of creative energy.
50. I am dynamically self-expressive.
51. I am vibrantly healthy!
52. I have enough time, energy, money, and wisdom to fulfill my purpose in life.
53. I communicate my heart to others.
54. My cooperation with Divine Order replaces competition.
55. Abundance is natural, and I am accepting of it now.
56. I joyously give.
57. I joyously receive.
58. Fun is an extension of God. I am fun!
59. I am relaxed and centered, with plenty of time for everything.
60. Happiness is being "ALIVE". I am "ALIVE."
61. \_\_\_\_\_ comes to me easily.
62. My sexuality is an expression of my spirituality.
63. I am a miracle; therefore, miracles are happening through me.
64. I am grateful for Divine restoration in mind, body, financial affairs, and in all my relationships, now!
65. I am now attuned to the Divine Plan of my life.
66. I now recognize, accept, and follow the Divine Plan of my life as it is revealed to me.
67. I give thanks for my health, wealth, happiness, and self-expression.
68. I am confident in all situations.
69. I am healthy doing God's work.
70. I am proof of manhood, or womanhood.