

## ***AFFIRMATIONS***

Practice developing your own affirmations! Affirmations are always positive, present tense, and personal. Words alone are not enough. As you repeat your affirmations, FEEL them being a reality. If you feel blocked, write out the affirmation, then notice the negative thought that comes into your mind and write that down. Repeat this process, writing the affirmation over and over, and the negative self-talk, until the self-talk turns positive. Changing your thoughts takes commitment and practice!

Here are a few samples to get you started.

### **LIFE MOTIVATION**

I'm glad to be alive! As a Highly Sensitive Empath, I'm having a love affair with life! It's wonderful to be fully participating in life. I TRUST the flow of events in life to produce perfect results. Divine Intelligence supports me in all that I do. Thank you, Life!

### **RELATIONSHIPS**

With yourself- I approve of myself as a Highly Sensitive Empath. I love and accept myself totally. I appreciate all parts of me, especially the most sensitive ones. Loving myself heals my life. I express my feelings openly and easily. I forgive myself totally. I am willing to accept love. I release negative thoughts and patterns easily. I lovingly take time to myself as often as I need to.

With others- I experience love wherever I go. I listen closely and open my heart when interacting with others. Others understand and support my sensitivities easily. The love I extend returns to me multiplied. As a Highly Sensitive Empath, I deserve love. I enjoy wonderful associations with positive, uplifting people. I forgive and release the past. I love and appreciate the members of my family. My relationships are filled with joy, fun and love.

### **HEALTH**

Every cell in my body is alive with health and energy. My body is strong, grounded, and healthy. Every system in my body functions exactly as it was intended to. I easily choose to nurture my body with healthy, whole foods. I move and exercise my body in ways that feel good. I go into nature to experience the calm. My immune system is strong and healthy. I meditate daily to give my body deep rest and enhance my immune system. I sleep as long and as often as I want to. I breathe deeply, bringing energy to all my cells. My body is flexible. My body has a remarkable capacity for healing. Every resource I need for my healing comes to me.

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**RIGHT LIVELIHOOD AND FINANCIAL ABUNDANCE**

As a Highly Sensitive Empath, It is wonderful to be using all my talents and abilities in my ideal career position! I now know and follow the Divine Plan for my life. I easily listen to my Inner Wisdom to direct my daily activities and plans. Wonderful opportunities come into my life daily. I welcome all the abundance the Universe has to offer. My income is constantly increasing as I work the same or fewer hours. My financial supply is endless and flows to me in many ways. I have more than enough money for my expenses and desires. I keep the flow going by contributing to others.

**SELF-DEVELOPMENT**

As a Highly Sensitive Empath, my self-awareness is constantly increasing. I commit my mind to focusing on positive, healthy, loving thoughts. Being organized feels wonderful! I am patient and kind. I easily express my thoughts and feelings to others. I trust my Inner Wisdom, knowing that all the answers are within me. My body remains relaxed and my mind alert throughout the day.

**Personal**

I approve of myself as a Highly Sensitive Empath. I deserve all good, and I deserve to share my Superpowers in creative and loving ways. I am worthy of a wonderful life. I easily release the past and move forward with joy. I love and accept myself exactly the way I am.

**Wealth**

I am a money magnet. I am an excellent money manager. The work I do brings me great prosperity. I am financially free. I deserve to be wealthy. Lucrative opportunities are always coming my way.

YOUR AFFIRMATIONS ...

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