



## Hey There!

As promised, here is your free copy of 50 Positive Thoughts And Affirmations To Help Upgrade Your Life.

Print this very list or write them down, hang them up in your home or at your desk at work.

Repeat Them Every Morning & Every Night - *I promise you will begin to notice a change in your life.*

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1. I know, accept and am true to myself.
2. I can do all things

3. I believe in, trust and have confidence in myself.
4. I eat well, exercise regularly and get plenty of rest to enjoy good health.
5. I learn from my mistakes.
6. I will excel in life
7. I am better than I was yesterday
8. I am good enough
9. I am smart enough to make my own decisions
10. I know I can accomplish anything I set my mind to.
11. I forgive myself for not being perfect because I know I'm human.
12. I never give up.
13. I am open to learning new things
14. I am open to change
15. I am proud of my sister or brother
16. I have the power to create the life I want to life
17. I have 100% control over my thoughts
18. I accept what I cannot change.
19. I make the best of every situation.
20. I look for humor and fun in as many situations as possible.
21. I enjoy life to the fullest.
22. [I have control over my thoughts, feelings and choices.](#)
23. I will have a great day
24. I will be nice
25. I see the best in others
26. I see the best in myself
27. I love who I am becoming
28. I am always developing and growing
29. I always look for ways to pay it forward
30. I am ready to learn new things
31. I forgive myself
32. I forgive others
33. I am striving
34. I feel the love of those who are not physically around me
35. I take pleasure in my solitude
36. [I approve of myself](#)
37. Everything is going to be okay
38. I will accomplish all of my goals
39. I will win
40. I will not compare myself to others
41. I will smile more today
42. I make the right choices
43. I am the best version of me
44. I am unique and that's what makes me stand out

45. I will remain calm in all situations
46. I will respect myself and others
47. I may not understand the good in this situation but it is there.
48. I can live a healthy lifestyle
49. I am loved
50. I am a child of God