

Positive Affirmations

Anxiety

I am relaxed. I feel at peace.
I am focused on the positive..
I am focused on the present.
I am relaxing every day..

Job/Interviews

I am confident and secure..
I am committed to fulfilling my ambitions..
I am confident in achieving my goals..
I am passionate about my work..

Healthier Lifestyle

I am committed to living a healthier lifestyle.
I am focused on achieving my ideal weight of ...
I am finding new healthier foods to eat.
I am committed to daily exercise..

Anger

I am in control of my emotions.
I am controlling my anger through..
I am expressing myself calmly.
I am focusing on solutions.

Addiction

I am finding it easier to stop... every day.
I am strong enough to resist..
I am enjoying being a...(non-smoker/sober).
I am committed to living a life free from....



Positive affirmations can be used as part of your daily routines as well as in self-hypnosis.