

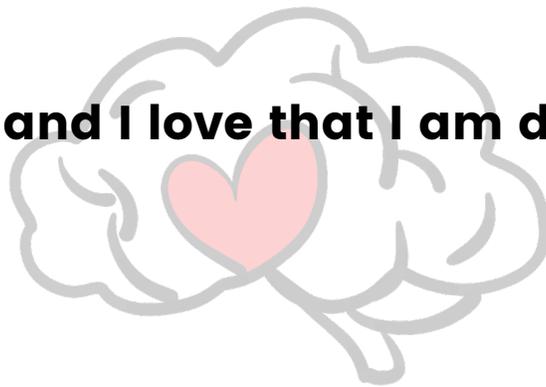


Affirmations to Help Heal Your Mind & Body

By Becky Cooper, Mental Health Coach

People respect me because I respect myself.

I love myself, and I love that I am different than others.



My body is strong and beautiful.

I find it easy to say no and own my life.

Plant a seed with faith and watch it grow with knowledge.

I am strong and capable of positive change.

I can do difficult things!

When I eat something I don't need I am robbing myself of physical health and mental stability.

The struggle is the work.

The trial is the plan.

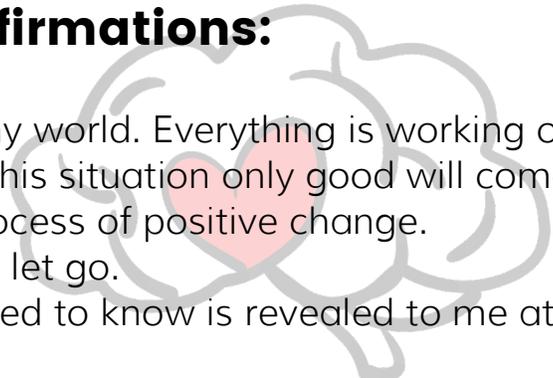
**I am exactly where I am supposed to be,
doing what I am supposed to do,
to learn what I need to learn,
to go where I need to go.**

- Becky Cooper

I will pray for strength to live true to the desires of my heart, because I know I cannot do this alone. I allow God to fill me with His healing light and wisdom.

Becky's favorite affirmations from a few of her favorite authors:

Louise Hay Affirmations:

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- All is well in my world. Everything is working out for my highest good. Out of this situation only good will come. I am safe!
 - I am in the process of positive change.
 - I am willing to let go.
 - Whatever I need to know is revealed to me at exactly the right time.
 - I am loved, and I am at peace.
 - I am healthy, whole, and complete.
 - **I am very thankful for all the love in my life. I find it everywhere.**
 - I forgive myself for not being perfect.
 - I do not have to prove myself to anyone.
 - **Loving others is easy when I love and accept myself.**
 - I am in charge, I now take my own power back.
 - Love flows through my body, healing all dis-ease.
 - **I am constantly discovering new ways to improve my health.**
 - I trust the Universe to help me see the good in everything and in everyone.
 - I love and approve of myself.

Wayne Dyer Affirmations:

"Peace is the result of retraining your mind to process life as it is, rather than as you think it should be."

- *Wayne Dyer*

- All things are unfolding as they are supposed to.
- When I bring myself to grief, it is healing.
- Whatever I need is already here, and it is all for my highest good.
- I live in a Divinely inspired Universe. I have nothing to fear. I trust in myself, and when I do so, I trust in the very Wisdom that created me.
- I release the inclination to make anyone else wrong.
- I have everything I need for complete peace and total happiness right now.
- Being myself involves no risks. It is my ultimate truth, and I live it fearlessly.

Deepak Chopra Affirmations:

- I release all fear and worry.
- I am always safe.
- My body is balanced, young, and healthy.
- My home reflects my energy of love and acceptance.
- I am one with higher wisdom and awareness, immediately, now, eternally.
- All channels of my mind are open to receive from my higher thoughts.
- As my transcendent higher self possesses my body, I accept all guidance to receive increased abundance.

