

Heal Your Heart

Positive Affirmations

Affirmations are like daily watering for the seeds of your mind. These positive mantras help to create new neural pathways in your brain. Even if at first they may not feel 100% true, give it time. Gently allow yourself to practice reading these silently or aloud. Compassionately place your hand over your heart's center for additional support.

1. I am allowed to experience my emotions.
2. I love and approve of myself.
3. I forgive myself and I am learning all the time.
4. I am open and receptive to new ideas.
5. I welcome new opportunities for love and abundance.
6. I am allowed to take my time.
7. I am capable and lovable exactly as I am.
8. I welcome change and my possibilities are endless.
9. I am worthy because I exist.
10. Life surprises me all the time.



*Healing right alongside of you,
Mary*