

(Approximately)
401
Powerful Affirmations
For a Happy Life



By Kim Serafini and Jarmila Gorman

MindPT
MINDPOWER TECHNOLOGY



(Approximately) 401 Best Affirmations for a Happy Life

You are unbelievably powerful. Did you know that?

Your self-talk – your “Word” – is an incredible creative force. From your self-talk spring feelings that drive your behaviors: the things you say to others, the choices you make and the actions you take or don’t take... and so, through your self-talk, you create your life experience. *Through your self-talk*, you ACTIVATE your greatest potential and – *no hype* – CREATE the best possible life experience.

“The world we have created is a product of our thinking; it cannot be changed without changing our thinking.”
~ *Albert Einstein*

If you don’t like your circumstances, you can change them using these powerful affirmations from MindPT.

This book will inspire you to change your *automatic self-talk* so you can thrive, instead of merely surviving. Use it as a complement to MindPT, whenever you feel the need to de-stress or lift your mood.

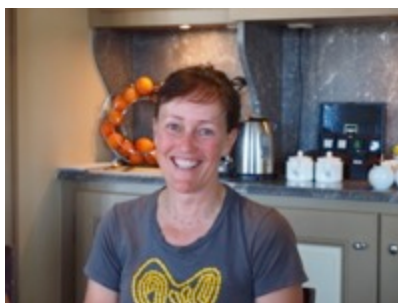
Get inspired by the quotes, and let your gaze rest on the image and positive power statements. Do this daily, just a few minutes at a time, for at least 3 months. *Repetition is the key* to creating new neural connections that will rewire your brain to prefer positive thoughts that inspire positive actions.

Allow each statement to soak in. Let your eyes, mind and heart take it all in. Enjoy...*Go slowly*... and give yourself a few minutes to take in the messages on each page. And then, watch your outer life follow your inner transformation!

With love and gratitude,

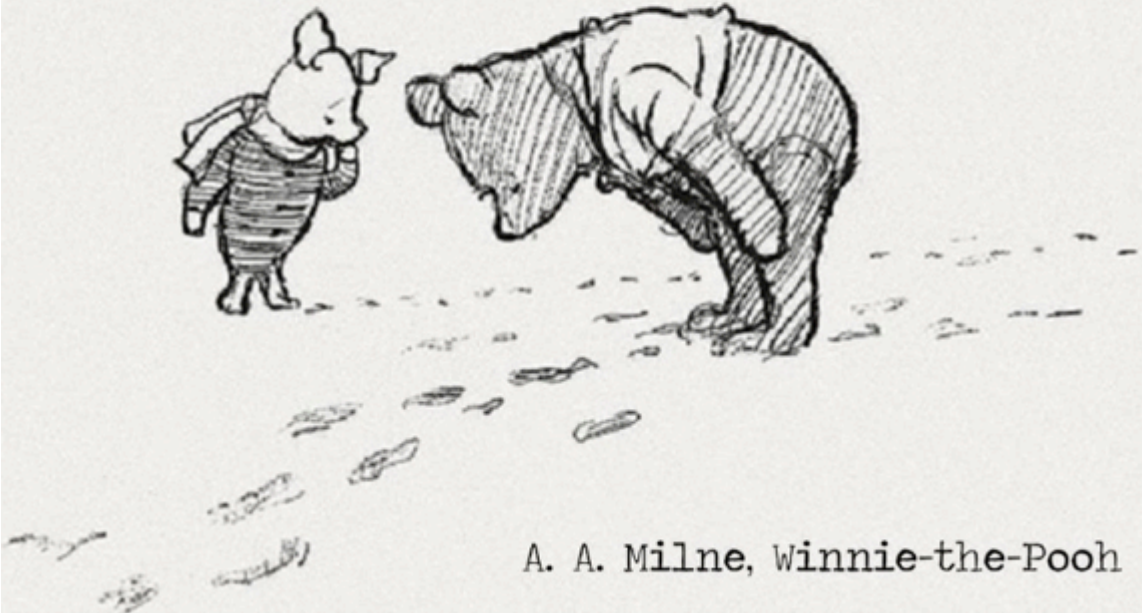


and



Gratitude

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.



A. A. Milne, Winnie-the-Pooh

Life is beautiful **I am grateful and I am happy!**

Gratitude turns what you have into enough.

My heart sings the joyful song of thanks

Be grateful

The best things in life aren't things.

I am grateful for life

Thanks for everything

Thanks for this experience

I appreciate you

Thanks!

Thank you for the
gift of another day!

What are you grateful for today?

Today is magnificent. Thank you!

Thank you. Thank you so much.

I see beauty and goodness in everyone and everything



What are you grateful for, today?

Name three things.

Express three reasons why you are grateful for each one.

Confidence



~ Yoda (*Star Wars*)

"You must do that which you think you cannot do."
~ Eleanor Roosevelt





Right now, you don't know how.

But you will figure it out.

You always do.

Resilience

*"Become like the hot coal and not the match.
Then when the winds of stress blow, you will burst into flames of light and not burn out ."*
~ Neil F. Neimark, MD



"Do not fear the winds of adversity.
Remember, a kite rises against the wind, not with it."
~ B.J. Marshall




If one way doesn't work,
that doesn't mean "it's over."

It just means,
try again, a different way.
There is a different way.
Try it.



Intuition

"Trust your hunches. They're usually based on facts filed away just below the conscious level."
~ *Dr. Joyce Brothers*

Good instincts
usually tell you
what to do
long before
your head has
figured it out


"Your mind only knows some things.
Your inner voice, your instinct, knows everything.
If you listen to what you know instinctively, it will always lead you down the right path."
~ *Henry Winkler*

I know
the truth
by the way
it feels.

Trust the wisdom of your soul

I am listening *I trust my inner guidance*

I have the courage to listen to myself

Shhhh

Be still

*Intuition speaks
through feelings.
How am I feeling?*

Shhhh... Listen!

*I choose
well*



Deep down I already know the answer

My soul

knows the way

I hear what my body already knows

My mind is quiet so I can hear

I confidently make the right choices for me



FEEL THE VIBES.
ENERGY DOES NOT LIE.

Ah, that feels right

Trust your intuition. If it feels wrong, it probably is.



Your heart has the answers
to all the tough questions.

Joy

"Joy is what happens to us when we realize how good things really are."
~ *Maryanne Williamson*



"The body heals with play,
the mind heals with laughter
and the spirit heals with joy."
Proverb



Gratitude brings joy.
I am grateful.

LET YOUR JOY RISE TO THE SURFACE

I find joy in everything!

Recognize how good things are and you will be joyful.

My joy depends on me

Joy

*You can be joyful.
Just decide!*

Create joy!

Joy

Spread
Joy

Yes! Joy!

Joy opens my heart

My natural state is joy!

I AM JOYFUL

Breathe in joy!

Find joy in your life and bring it to others!

TODAY
I CHOOSE
JOY

What brings me joy?

Joy
is the
way

I give myself permission to feel joyful

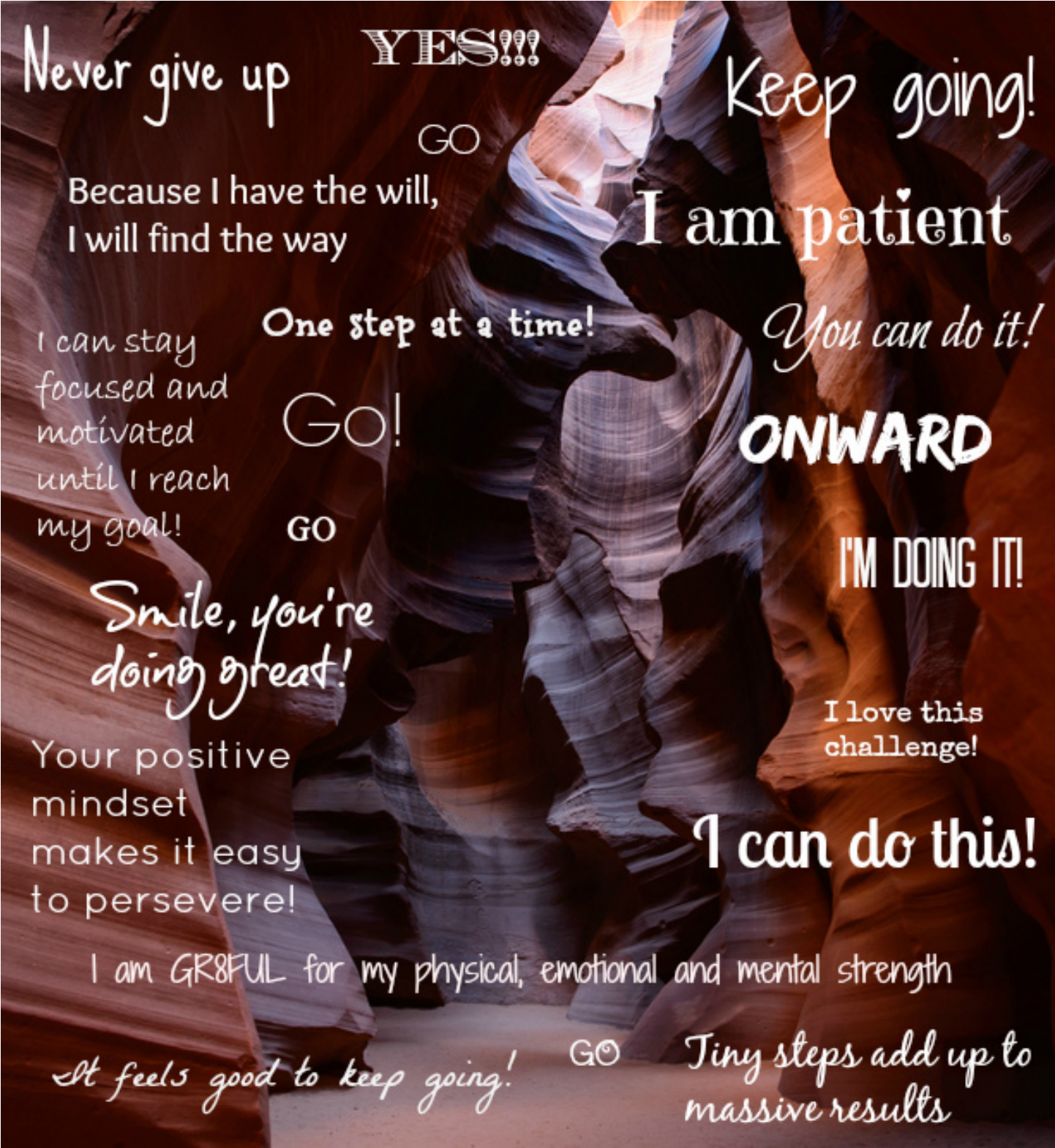
Sometimes,
it's good to act your shoe size
and not your age.



Perseverance

"It does not matter how slowly you go as long as you do not stop."
~ Confucius





You know you can do it. *Deep down, you know you can.* So, go. And do it.



Don't Quit

*When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.*

*Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow--
You may succeed with another blow.*

*Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.*

*Success is failure turned inside out--
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit--
It's when things seem worst that you must not quit.*

~ Author Unknown

Balance

“Balance is not better time management, but better boundary management.
Balance means making choices and enjoying those choices.”

~ Betsy Jacobson



BALANCE

I know how to maintain balance

HEALTH

Find balance

"Me time" is important

Balance comes in the moments when you stand up for the life you truly want.

Every day I
prioritize
what
matters!

It's easy to
schedule my
priorities

DREAMS

Relationships

Love

I take the time to enjoy life!

I balance my mind, body and spirit

Play



Take the time.

Love

"One word frees us of all the weight and pain of life: That word is love."
~ *Sophocles*



"Let us meet each other with a smile. For that is the beginning of love."
~ *Mother Teresa*

"Where there is love, there is life" - Gandhi
I see the world through the eyes of love.

Love heals
Love is all you need I love myself

I freely give and receive love

I Love Life!

*Love all, trust a few
and do wrong to none.*

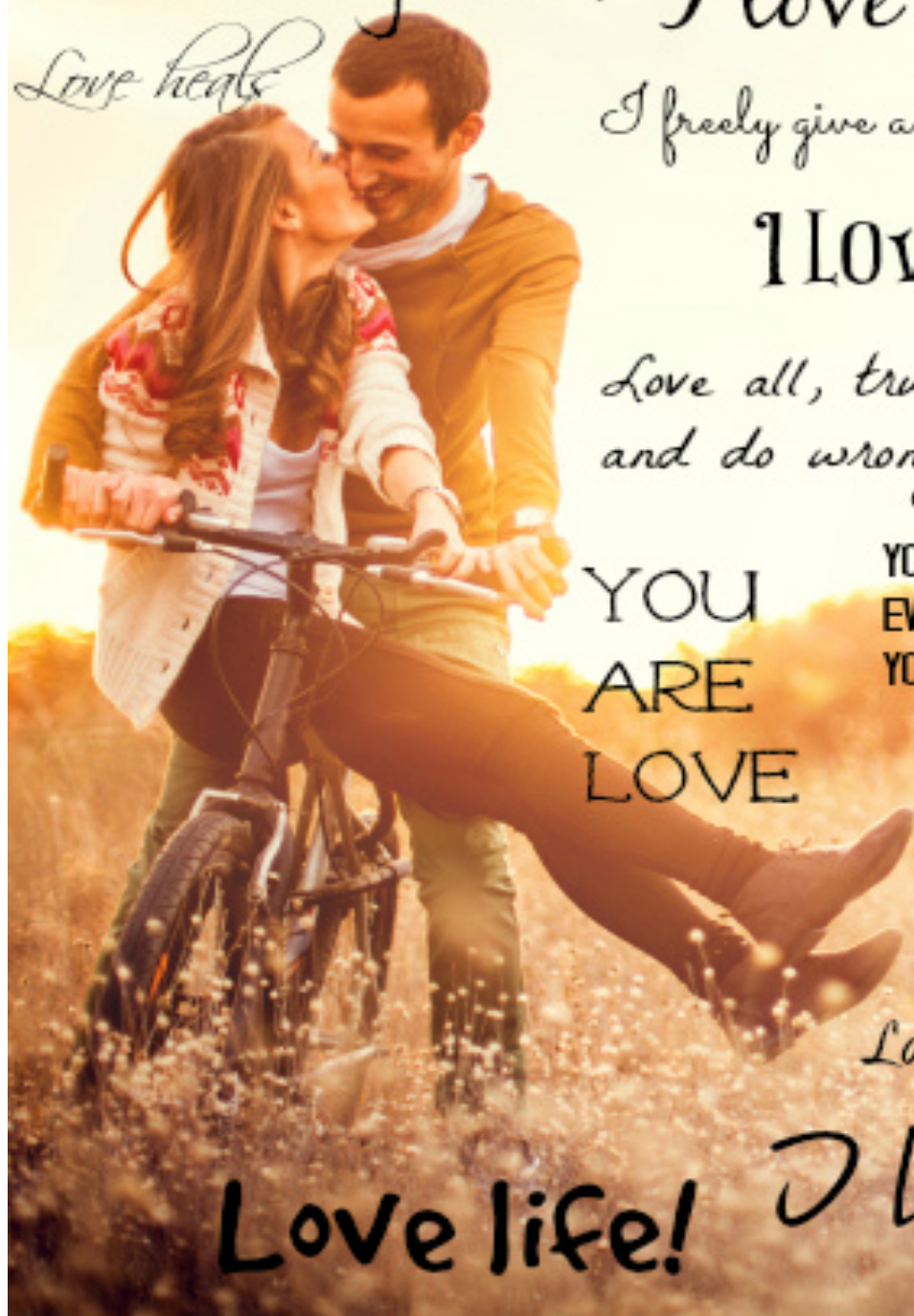
YOU
ARE
LOVE

YOUR HEART TELLS YOU
EVERYTHING
YOU NEED TO KNOW

**Love
is all**

Love for no reason

Love life! I love you





Love yourself
like your dog loves you.

You are that awesome.

Achievement

"Whether you think you can, or think you cannot, either way, you are correct."
~ *Henry Ford*

~~im~~possible

"Achievement is largely the product of steadily raising one's level of aspiration and expectations."
~ *Jack Nicklaus*

If I can imagine it, I can achieve it!

I THINK I CAN

I give life to my dreams

I KNOW I CAN

I AM PERSISTENT

Make it real!

I'M DOING IT!!!!

Believe

FUN

Passion

Love

I can do this!

See it, believe it, live it

It's mine! Dream BIG

YES!!

I am happy I did it!

YES!!

If you want it, go get it!

**DREAM IT
BELIEVE IT
ACHIEVE IT**

It is possible





What can you do today,
that you once could not?

Well – besides:
Walking
Talking
&
Tying your own shoes...

What else can you do today,
that once you could not?

Imagination

"A rock pile ceases to be a rock pile
the moment a single man contemplates it,
bearing within him the image of a cathedral."
~ Antoine de Saint-Exupéry



'The power of imagination makes us infinite.'
~ *Albert Einstein*

Everything begins with an idea. Everything.

IMAGINE WHAT YOU WANT!

Imagine

See the
possibility

I create my reality

It already exists for you

I can see it!

YES

GOOD!

Imagine
abundance

Love

*Free your mind
and your life will follow*

Imagine YES

Create

Peace

IMAGINE

My imagination is limitless

Imagine it going perfectly



What's in your imagination?



Peace

"Never be in a hurry; do everything quietly and in a calm spirit.
Do not lose your inner peace for anything whatsoever,
even if your whole world seems upset."

~ Saint Francis de Sale

"Let it be, let it be
Let it be, yeah, let it be
There will be an answer, let it be
Let it be, let it be
Let it be, yeah, let it be
Whisper words of wisdom, let it be."

~ Paul McCartney, John Lennon

MEDITATE Choose the peaceful way

Life is good compassion

Let it be

I am at peace

Forgive

PEACE IS
YOUR
TRUE
NATURE

Breathe Be here, now

I am feeling peaceful now Smile

Love I can let this go

LIGHT Start with love

I see the world with loving eyes



Find peace within.

Forgive.
Accept.
Allow.
Love.

Freedom

"Emancipate yourselves from mental slavery,
none but ourselves can free our minds."

~ Bob Marley

"What do you care what other people think?"

~ Richard Feynman

"Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom."

~ Viktor Frankl

Give your life wings!

SPEAK UP

I'M FREE!

Live your life your way

Celebrate you

Do the thing you fear.

It will set you free.

Be yourself. FREEDOM

The world

needs you.

Follow

your heart

Imagine life as you want it to be

Let your spirit fly free

I AM FREE TO BE ME





If you're a dragonfly, you can't be a fish.
If you're a fish, you can't be a bird.
A bird can't be you.
You can't be anything but you.
You can only be who you are.
Freedom is being who you are
and loving it.

Happiness

"Happiness is an inside job."
~ *William Arthur Ward*

"When I was five years old my mom always told me that happiness was the key to life.
When I went to school, they asked me what I wanted to be when I grew up.
I wrote down "happy."
They told me I didn't understand the assignment.
I told them they didn't understand life."
~ *John Lennon*

"Don't worry, be happy."
~ *Bobby McFerrin*

HAPPINESS IS THE WAY

I'm choosing happiness Be happy

Smile! Be the source

Do more of what makes you happy

Happiness It's your choice

opens
doors

I am so happy!

Give, and forgive

Live more, laugh more, love more.

YES!

HAPPY



Happiness is within you.
Right now.

Strength

"Strength does not come from physical capacity.
It comes from indomitable will."

~ *Mahatma Gandhi*

"Strength is the capacity to break a chocolate bar into four pieces
with your bare hands – and then eat just one of the pieces."

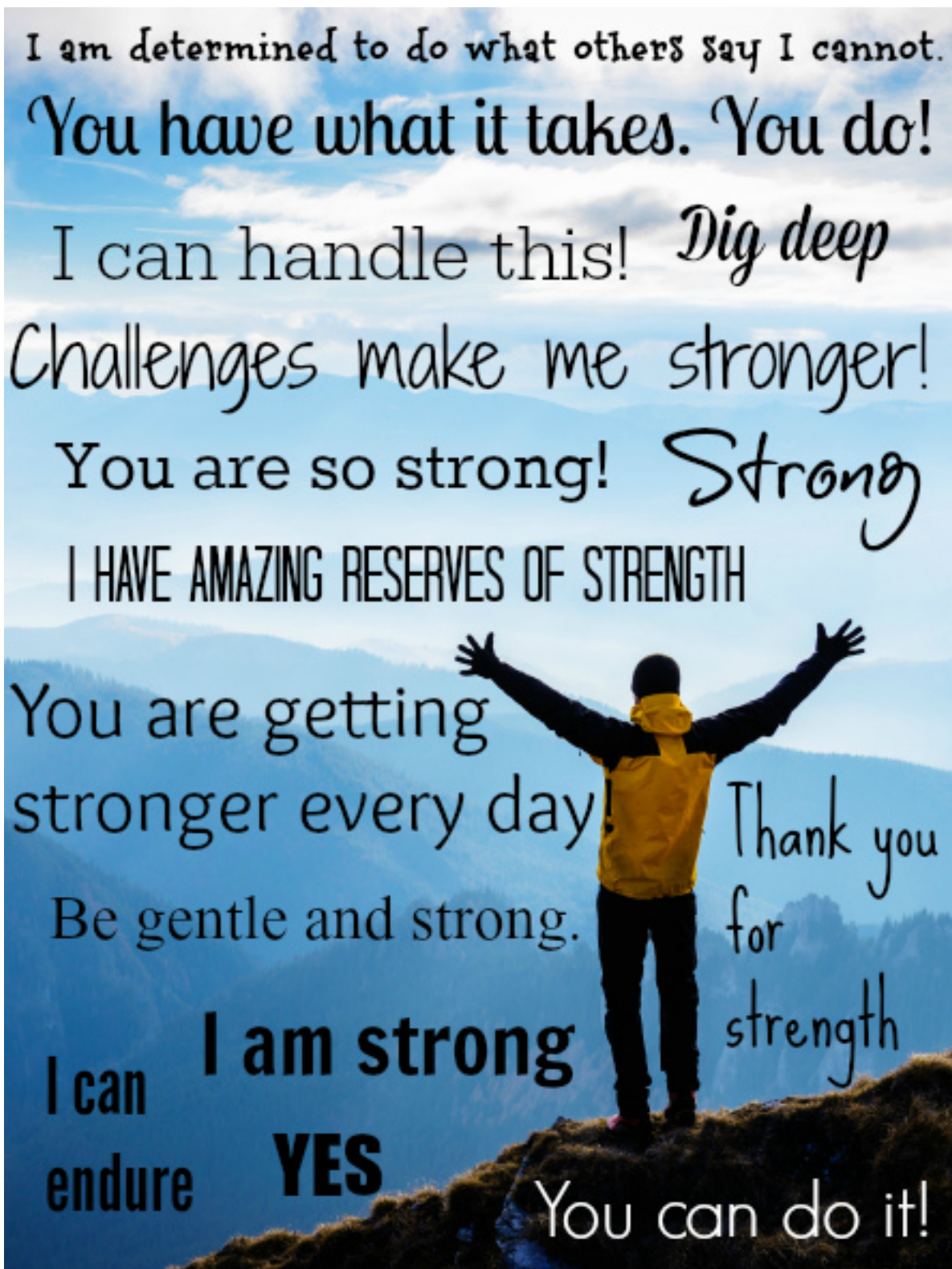
~ *Judith Viorst*

"Silence is a source of great strength."

~ *Lao Tzu*

"Stand up to your obstacles and do something about them.
You will find that they haven't half the strength you think they have."

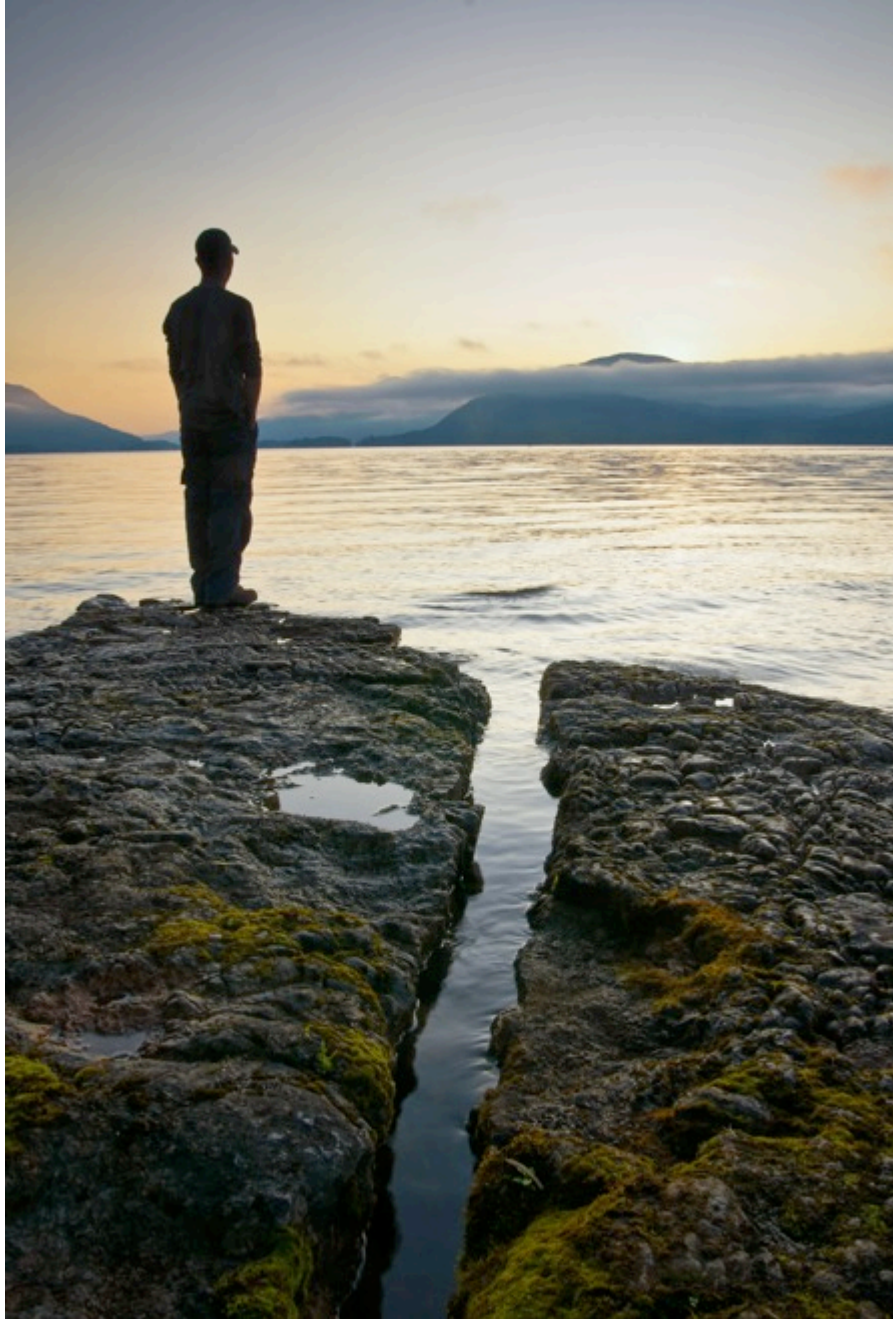
~ *Norman Vincent Peale*



"A woman is like a tea bag. You never know how strong she is until you put her in hot water."
~ Eleanor Roosevelt

(Applies to men, too!)

Strength can be gentle, quiet and still.
Be strong.



Take the Way of Water

Water is creative.
It is the most powerful element on Earth.
It can change entire landscapes.
It can carve the deepest of canyons.

Water is gentle.
Water is soft and yielding: a fine mist, a babbling brook, a soothing bath.

Water is emotional.
A crashing surf, a melodious soaking rain, wild tempestuous currents,
majestic waterfalls and deep, still lakes.

Water is adaptable.
It takes on the shape of the vessel that contains it and adjusts its flow to the landscape.

Water is unstoppable.
By its nature, water flows. It must flow.
It always seeks flow.
Even if its flow is temporarily blocked, it will rise up as vapor and continue its journey,
Sharing its gifts.

Water is life.
The flow and cycles of water are like the flow and cycles of life.
Water reminds us that we are one,
Inextricably connected to the ocean on Earth
And part of the ocean of creative energy.

Take the way of water.
The world needs you.
Be gentle and giving.
Be flexible and persistent. Flow around obstacles.
Flow steadily when you are tempted to rush.
Push through when you must.
You will always find a way.
Relax and be still when you are lost
or when you need to pause and gather strength
or take in the wonder around you.
Give joyfully. Share freely.
Keep flowing.
Life is about the flow... the journey in its many forms.

~ Jarmila Gorman

Let go. Find the flow.

I am persistent
and determined

I am flexible

I am gentle

Share your gifts. The world needs you!

**I am
taking
the way of
water**

**I live a rich
life of purpose**

"With every drop of water you drink, every breath you take, you're connected to the sea, no matter where on Earth you live."
- Sylvia Earle

I am generous

You always
find a way

Enjoy the journey



Muddy water, let stand, becomes clear.
~ Zen saying

Pocket Friends

We encourage you to write the following affirmations (the ones that resonate with you) in a small notebook, or on your mobile device, and carry them with you.

The act of writing them, will help raise your vibration.

The act of carrying them with you will infuse your life with positive energy.

And the act of reading them, daily, preferably out loud and with joyful emotion in your voice, will imprint them in your subconscious mind as wonderful, empowering new beliefs.

I love and accept my body fully, deeply and joyfully.
My body has its own wisdom and I trust that wisdom completely.
I am the creator of my life experience.



My body hears everything I think so I think loving, positive thoughts.
I see and feel perfection in every cell of my body.
The more I love myself, the more I allow others to love me too.



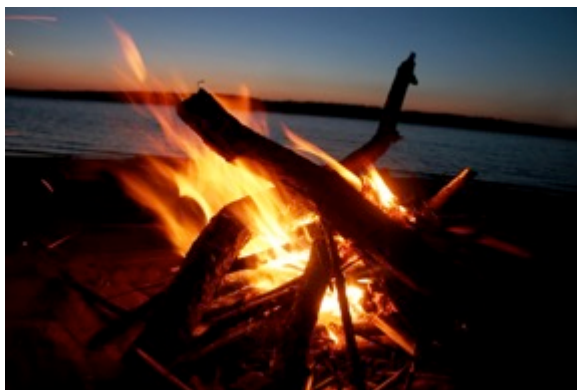
I honor my wonderful unique qualities and talents.
I love the way I feel when I take excellent care of myself.
My wellbeing is my top priority.



Thank you... thank you... thank you for my health.
Fear is only an emotion. I can feel it and release it.
I can master anything.



"Failure" is only a step to success.
I have the strength to make all of my dreams come true.
I can relax and have fun with this, no matter the outcome.



I am proud of myself for daring to try. Go, me!
I put full trust and confidence in my inner guidance.
My strength and confidence grow with every step I take.

I am on FIRE with passion and zest for LIFE!
I release all hesitation and doubt and embrace confidence.
I know I can do this, one step at a time!



I am open to the flow of great abundance in all areas of my life.
I always have more than enough of everything I need.
Thank you, thank you, thank you, thank you!



Prosperity surrounds me, fills me, and flows to and through me.
I can create a better tomorrow, by the thoughts I think today.
I am always guided to the people who need what I have to offer.



As my commitment to help others grows, so does my prosperity.
My day is filled with limitless joy, abundance and love.
I love my life!

The world needs me!
My unique talents can make a profound difference in the world.
Today I relax and follow my heart.



I am meant for great things.
I see limitless potential and possibility
I joyfully present my love, passion and talents as a gift to the world.



I take the first step, joyfully stepping into the unknown.
I know I can achieve this. Yes, I can!
All is well right here and right now.



Peace begins with a conscious choice to choose peace.
Today I embrace simplicity, calm and peace.
A compassionate heart makes for a peaceful life.



I am filled with the light of love, peace and joy.
Peace is abundant when I let go of trying to control every tiny detail.
Where peace dwells, fear cannot. I choose peace.



I am safe.
I open my mind to limitless opportunities.
Opportunities are everywhere, and I see them!



I cheerfully and boldly act on great opportunities.
My intuition leads me to the best opportunities.
I live in a state of cheerful expectancy.



My experiences are steppingstones to something even better.
Each decision I make is aligned with my values and desires.
Life is a grand adventure and I love the challenges!



I am open to love, in all the wonderful ways that love manifests itself.
All of my relationships are healthy, meaningful, happy and fulfilling.
As I share my love with others, it is abundantly mirrored back to me.



I allow my perfect partner to enter my life experience.
Today I release all fear and open my heart to unconditional love.
I am deeply grateful for the people in my life.



I am the perfect partner for my perfect partner.
I deserve a loving, healthy and happy relationship.
I deserve to be loved, and I allow myself to be loved.



I am love.
I am strong and I am healthy.
My energy and vitality are increasing every day.



I am open to the natural flow of wellbeing.
I listen to my inner wisdom about what my body needs.
Thank you for my strength, health, energy and vitality.



I am feeling stronger and stronger every day.
I love taking great care of myself. I feel so good!
Nurturing myself is my highest priority.



Thank you for the opportunity to balance my mind, body and spirit.
Well-being and abundance is my true nature.
Today, I awaken to my higher wisdom.



My inner voice guides me in every moment.
I am centered, calm and clear.
I always know the right actions to achieve my goals.



I seek and create harmony.
Harmony is always a sign that I am attuned to my inner wisdom.
Thank you for showing me the way.



I trust my feelings, intuition and insights.
I trust myself completely.
I treat myself with love, kindness and respect.



I release the quest for perfection in favor of doing the best I can.
I openly give myself permission to shine.
I am proud of my accomplishments.



I give myself permission to be greater than my fears.
I love and accept myself unconditionally.
I am my own best friend.



Thank you for the talents, qualities and traits that make me unique.
I like and appreciate myself.
I am grateful for life.





I speak kindly, respectfully and lovingly to, and about, myself.
I am a great friend, to myself and to others.
I am filled with compassion, empathy and understanding.



I am perfectly attuned to the abundance that is all around me.
I allow abundance in many surprising and joyful ways.
My gratitude is a powerful magnet that attracts more of everything I desire.



I am open-minded.
I choose to see the best in everyone and everything, including myself.
I love myself.



The Beginning

We hope you have enjoyed this little book!
This is the beginning of a fabulous new empowered you...
... Which happens to be the authentic, awesome you!

For even more impact on your subconscious automatic thoughts,
be sure to watch a MindPT Session every day.
Just 5-10 minutes a day will make a
DRAMATIC
difference in the way you perceive and approach life.

Thanks for being a part of the MindPT community!

www.mindpt.com

