



AFFIRMATION GUIDE



Hey there!

I AM

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I've always been the girl to collect quotes and affirmations. I write them out on sticky notes and have them everywhere. When I doodle, I create new positive affirmations for myself. I love the way they can help move you up the emotional scale with such ease. They are like your best friend who is always there to lift your spirit. They can bring clarity and provide necessary a-ha moments to move you forward in your journey.

Positive affirmations can help strengthen and enhance your self-worth by boosting both your opinion of yourself and your confidence in your ability to achieve your goals. They can also help counter the feelings of panic, stress and self-doubt that often accompany anxiety.

It is my powerful intention that you will read through this guide and be called to the affirmations that will impact you the most. May it remind you that you are powerful and worthy of everything your heart desires.

Michelle

HOW TO USE AFFIRMATIONS

Affirmations are not just positive statements.



There is so much about our minds that we don't understand, but one thing we do know is that the mind cannot distinguish between what is real and what is imagined.

It only works on input.

So, when you spend 10-15 minutes a day dreaming about your perfect life, it believes it as if it is reality. The only thing getting in the way of it manifesting into reality is your thought process.



Positive affirmations can help retrain your subconscious mind and allow you to replace negative thoughts with positive ones. They are statements that are meant

to be felt within. Read an affirmation and let it move over your body as every cell feels its meaning. Without this step, they are just words. Because, if you don't believe them, they won't have any effect.

Repeat your favorite affirmations throughout the day. Write them in your journal. Post them around your house, in your car and at your workplace, so that you are surrounded by them. Allow them to become your dominant thought and watch your life transform.

Let's Get STARTED!

01 — SELF LOVE AFFIRMATIONS

Read these affirmations when you need an extra boost of love and good vibes. They can help with confidence and leave you feeling worthy while inspiring you to feel happier every day.

02 — GROWTH MINDSET AFFIRMATION

Read these affirmations when you are feeling stuck and need to super-charge your thoughts. They can help guide you through obstacles and leave you feeling powerful and able to move forward.

03 — 'I AM' AFFIRMATIONS

Read these 'I am' affirmations when you are doubting your capabilities and stuck in negativity. They can help you reaffirm that you have value and turn negative self-talk into positive statements.

04 — HEALTH & WELLBEING AFFIRMATIONS

Read these affirmations when you need to maintain a positive outlook and approach to your health. They can help increase your confidence and keep you focused on your health goals.

05 — MOTIVATIONAL AFFIRMATIONS

Read these affirmations when you need motivation to move through tasks with ease and flow. They can help set the tone for your day and get you moving in a positive direction.



01

*Self
Love
Affirmations*

01 I DESERVE PEACE.

02 I HAVE BEAUTIFUL QUALITIES
TO OFFER THIS WORLD.

03 I APPRECIATE WHAT I HAVE
IN LIFE RIGHT NOW.

04 I CHOOSE TO SEE THE POSITIVE,
EVEN IN TOUGH TIMES.

05 I EMBRACE CHANGE.

06 I FOLLOW MY HEART.

Seven

*I deserve to
treat myself
well.*



08

I DESERVE TO BE
APPRECIATED.

09

MY PEACE IS MY
POWER.

10

I DESERVE A
PEACEFUL AND
LOVING LIFE.

11

I SURROUND MYSELF
WITH PEACE AND
PLEASANT EMOTIONS.

12

TWELVE

*I choose to
move my focus
to happy
experiences!*



13 I make a difference in the world.

14 I have the power to make right choices for myself.

15 I have faith in my abilities.

16 I take the best care of myself.

17 I will be kind to myself today.

18 I laugh with myself.

19

I LOVE MYSELF,
AND I LIKE
MYSELF TOO!

20

I MAKE GOOD
CHOICES FOR
MYSELF.





02

*Growth
Mindset
Affirmations*



TWENTY- ONE

I only fail if I give up
and I won't give up.



22

I embrace challenges.



23

It's okay to make mistakes.



24

Learning is my superpower.



25 I build habits that will help me succeed.

26 Growth happens when I go outside my comfort zone.

27 My imperfection is better than inaction.

28 Failure is another opportunity for improvement.

29 My attitude is everything.

30 I inspire others to work hard for their dreams.



31

I set my goals high, and I will achieve them.



32

Better and better describes my life.

33

THERE ARE NO LIMITS TO
WHAT I CAN DO.

34

I AM WILLING TO WORK FOR
WHAT I WANT.

35

I MAKE MY DREAMS COME
TRUE.

36

EVERY DAY I GROW AND
IMPROVE.

37

I AM ASSURED AND
SUCCESSFUL.

38

I CAN SUCCEED AT ANY
GOAL I IMAGINE.

39

I LOVE THE
WAY MY LIFE
IS GROWING.

40

I CAN'T WAIT
TO SEE HOW
FAR I GO.





03

I AM
Affirmations

Forty-One

I am proud of
who I am!

42

I am limitless and anything is possible.

43

I am creating an amazing life for myself.

44

I am beautiful inside and out.

45

I am lucky to be me.

46

I am financially prosperous.

47

I AM WORTHY OF
GOOD THINGS.



48

I AM ACTIVE AND
ATTRACTIVE.



49

I AM ATTRACTING
FUN INTO MY LIFE.



50

I AM VIBING ONLY WITH
POSITIVE ENERGY.





FIFTY-ONE

*I am well, whole
and strong!*



52 I am interested in myself and my life.

53 I am willing to receive with ease.

54 I am patient with myself.

55 I am happy to be me.

56 I am open to new opportunities.

57 I am rich with love and kindness.

58

59

60

*I am at the right
place at the
right time!*

*I am the right
person for this job!*

*I am free from the
burden of low
self-esteem!*





04

*Health and
Wellbeing
Affirmations*



61

My body is beautiful and appealing.

62

I am thankful for the shape of my body.

63

People find me sexy and desirable.

64

I send love and healing to every organ of my body.

65

I am filled with excitement when I look in the mirror.

66

I APPRECIATE EVERY
CELL IN MY BODY.

67

MY BODY VIBRATES
WITH ENERGY AND
HEALTH.

68

MY BODY SYSTEMS
FUNCTION
PERFECTLY.

69

I SLEEP SOUNDLY AND
PEACEFULLY.



Seventy

*My body is
strong and
capable!*



71

My body can find it's
happy weight.



72

I can eat well without
eating perfectly.

73

I bless this food and this
body with love.



74

I release food rules that
don't serve me.



75

I can easily make a
nourishing meal.





76 All food is just food, not good or bad.

77 I am healthy, energetic and optimistic.

78 My immune system is strong and deals with any bacteria, germs, or viruses.

79 I love everything about my body.

80 Wellbeing is my birthright.



05

*Motivational
Affirmations*

81

ALL I NEED IS WITHIN ME
RIGHT NOW.

82

I AM AN UNSTOPPABLE
FORCE OF NATURE.

83

I AM A LIVING, BREATHING
EXAMPLE OF MOTIVATION.

84

I AM INSPIRING PEOPLE
THROUGH MY WORK.

85

TODAY IS A PHENOMENAL
DAY.

86

I AM FILLED WITH FOCUS.

Eighty-Seven



I can be whatever I
want to be.

88

MY MISTAKES DO
NOT DEFINE ME.



89

TODAY I CHOOSE TO
BE HAPPY.



90

I AM SUCCESSFUL
AND CONFIDENT.



91

I WAKE UP MOTIVATED
AND FULL OF PASSION.





92

I am living in financial abundance.



93

Things that I want flow into my life with ease.

94

95

96

*I am not pushed by
my problems; I am
led by my dreams.*

*I attract
abundance into
my life.*

*I am grateful for
everything I have
in my life.*



97

I AM INDEPENDENT &
SELF-SUFFICIENT.

98

I AM A ONCE-IN-A-
LIFETIME KIND OF
PERSON.

99

I AM AMAZED AT ALL
THAT I CAN DO IN
ONE DAY.

100

I AM ALLOWED TO
SAY 'NO' TO OTHERS
AND 'YES' TO MYSELF.



THANK YOU

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