

# Affirmations for Anxiety

“If every morning for the next 30 days, you begin your day by saying: I intend to see; I expect to see, no matter who I am with, no matter where I am, no matter what I’m doing, I intend to see that which I want to see-- You will change the momentum of your life experience” Abraham Hicks

1. I have everything I need to succeed.
2. I am enough.
3. I am resilient.
4. I am valuable and worthy.
5. I don't need to be perfect.
6. I love myself fully.
7. I am in charge of how I feel.
8. I no longer allow negative energy to drain my energy.
9. I believe I am capable of doing anything I put my mind to.
10. It is okay for me to say no.
11. The best views come from the hardest climb.
12. I am beautiful on the inside and out.
13. I love taking risks.
14. I love my life and I am grateful for it.
15. If it's not a hell yes, then it's a no!