



Affirmations:

Affirmations are positive statements that you should say to yourself in the morning. They can help you feel motivated and reshape your limiting beliefs.

Affirmations are a key factor when manifesting your desired life.

I find it extremely empowering and motivating to use affirmations during my morning routine. This sets a really solid foundation for my mindset for the day. If my mind wanders I redirect it back to the powerful statements I had made that morning.

Affirmations + Action = Miracles

Shift from fear to Curiosity

You know yourself best.

You know the language your mind responds to:

Please feel free to amend any of these suggestions to make them right for you.

The internet has many websites with fabulous powerful affirmation suggestions too.

For me the most powerful affirmations were:

(whilst looking at myself, deep into my eyes, deep in my soul, in the mirror)

- 1. "I love you Lara Devlin - I believe in you"
(Using my maiden name allowed me to reach the child within.)**
- 2. "I completely love and accept myself"**
- 3. "I release the past - I am willing to forgive"**
- 4. "I forgive you for not being the way I wanted you to be - I forgive you and I set you free"**
- 5. "I am, and always will be enough"**
- 6. "I have everything I need to face any obstacles that come"**
- 7. "I will hold myself to a standard of grace, not perfection"**
- 8. "I am blessed and I am grateful"**
- 9. "My positive attitude, positively rubs off on the people around me"**
- 10. "I set myself free"**