



Affirmations for Changing Habits

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It's important to recognize your strengths and to work with them .

When we verbally affirm our dreams and ambitions, we are instantly empowered with a deep sense of reassurance that our wishful words will become reality.

Affirmations are proven methods of self-improvement because of their ability to rewire our

brains..

Remember: you are gifted with creativity, imagination, artistic talents, versatility, good nature, and the ability to inspire others!

Your life path will entice you live your life with joy and imagination. You will learn the benefits of optimism and enthusiasm, as well as how to express them.

Have faith in yourself, in your ideas and your initiatives. Hold your head high and persevere, and you will move forward without problems, even in



the most delicate or hazardous of times. Here are some affirmations you can use.

Affirmations:

- ✓ All habits in my life story are health-giving.
- ✓ All my habits are favorable and beneficial.
- ✓ All my habits support me in favorable ways.
- ✓ Altering my behavior is as simple as changing my thoughts.
- ✓ Daily, I am gaining more control over my past habits.
- ✓ Every time I challenge a past habit, I feel a greater sense of control and self-regard.
- ✓ Each day I'm developing new and positive habits.
- ✓ I constantly do what is best for my body.
- ✓ I constantly exercise discretion in all that I do.
- ✓ I'm always adding favorable new rituals to my daily routine.
- ✓ I'm altering my habits by altering my thoughts.
- ✓ I am altering my life for the better.
- ✓ I'm cleansing myself from all past habits.
- ✓ I am totally committed to living a life free from bad habits.
- ✓ I am ultimately free!
- ✓ I am forever grateful to finally be free from damaging habits.
- ✓ I'm free from the control of addictions.
- ✓ I am in utter control of all the habits in my life.
- ✓ I'm in control of each aspect of my life.
- ✓ I am in control of my life.
- ✓ I'm the master of my habits.
- ✓ I control all my impulses.



- ✓ I'm learning to override past habitual behaviors.
- ✓ I am learning to take charge of my habits.
- ✓ I am now free from all compulsions.
- ✓ I'm strong enough to overpower any habit.
- ✓ I am stronger than any dependency.
- ✓ I'm stronger than any habit.
- ✓ I am the master of my brain and body.
- ✓ I'm very proud of my healthy life-style.
- ✓ New ideas and opportunities are coming to me now.
- ✓ My chosen work brings me success and satisfaction.
- ✓ Exciting new ideas and information enhance my life.
- ✓ I have an infinite capacity to receive and an infinite capacity to express.
- ✓ With every delay a blessing is on its way.
- ✓ I work efficiently and everything I do works out right.
- ✓ I know what to do, how to do it and I do it beautifully.
- ✓ I am the consciousness of success attracting success.

I Am Whole, Complete and Perfect

I am whole, complete and perfect. I am grateful for my natural ability to attract loving and harmonious relationships. I accept and expect an ever-increasing financial flow of abundance in my life. I am thankful for the limitless opportunities that I have to successfully express my unique creativity. I see the perfect pattern of my life unfolding before me in every right way. I give thanks for the fulfillment of this truth now. With absolute faith I release it and let it be. And, so it is!



I Am Inspired About My Vision

I am inspired about my vision, enthused about its outcome and committed to my full creative self being expressed. All of life supports my willingness to be authentically me. I right now, am attracting all the necessary opportunities for successful living. I am always in the right place at the right time doing the right thing. I accept this demonstration as my daily experience, I give thanks for it, and so it is!

Quotes:

Be the person you want to find. Don't be a nickel out here looking for a dime." -- Lyfe Jennings

All great relationships begin and end with yourself." --Kim Olver

A compassionate state of mind brings inner peace, and therefore a healthier body." - --Tenzin Gyatso, The 14th Dalai Lama

Acceptance of others, their looks, their behaviors, their beliefs, bring you an inner peace and tranquility -- instead of anger and resentment." -- Unknown

The life of inner peace, being harmonious and without stress, is the easiest type of existence." --Norman Vincent Peale

"Life is a persistent teacher. It will keep repeating lessons until we learn." --Unknown



"Better understated than overstated. Let people be surprised that it was more than you promised and easier than you said." --Jim Rohn

"There is no 'good' or 'bad' in reality. Reality just IS." --Mary Allen

"Everything that irritates us about others can lead us to an understanding of ourselves." --Carl Jung

"Self-confidence is the first requisite to great undertakings." --Samuel Johnson

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