GRATITUDE AFFIRMATIONS

Affirmations are positive, declarative statements that are used to challenge negative or limiting beliefs and replace them with more empowering, self-affirming thoughts. The practise of using affirmations is rooted in the idea that words and thoughts have a powerful influence on our mindset, emotions, and ultimately, our reality. When repeated consistently, affirmations can help rewire our brain, increase our self-esteem, and promote feelings of gratitude, love, and success.

Affirmations work by tapping into the subconscious mind. The subconscious does not differentiate between what is real and what is imagined. By regularly stating positive affirmations, we can shift our inner dialogue, which in turn can change the way we perceive the world around us. Over time, these positive affirmations can foster a greater sense of self-worth, improved relationships, and an overall optimistic outlook on life.

I am thankful for the abundance in my life, both seen and unseen.

Every day, I recognise and appreciate the blessings that surround me.

I am grateful for the love and support of the people in my life.

I choose to focus on the positive, and I am grateful for all the good things in my life.

I am thankful for my health, vitality, and wellbeing.

I am grateful for the opportunities that come my way and the growth they bring.

I embrace every moment with gratitude, knowing it's a gift.

I am thankful for the lessons I've learned from both challenges and successes.

My heart overflows with gratitude for all that I have and all that is to come.