

Affirmations

These are some examples of affirmations that were discussed in our call together. As you get more into the habit of doing a daily affirmation ritual you will find ones that feel right and comfortable to you. Affirmations serve as daily reminders of the person you want to be, the energy you want to live in, and with repetition they start to replace your current thinking patterns

General Affirmations to Pull You into The Present

- I will no longer see things as either good or bad. I will accept that there is a middle ground
- I will no longer feel that if I am not perfect then I am a total failure
- I will no longer magnify the negative aspect of any situation
- I will no longer remove all of the positive and good things that are happening in an imperfect situation
- I will not automatically anticipate the worst in every situation
- I will no longer see undone tasks as a sign of my short-comings
- If something goes wrong in my day, I will not jump to the conclusion that the entire day is ruined
- I will no longer be the person who cannot be convinced otherwise even when there are plenty of logical reasons that point the other way

Grateful and Peaceful Outlook Affirmations

- I express deep appreciation for the small steps I achieve each day
- I give myself permission to trust myself, my guidance, and my intuition
- Today, I will concentrate on taking one step forward, however small
- All the good in my life comes to me as a result of my willingness to find happiness in each moment
- I realize there will be obstacles but I have the strength to get through them
- I choose to be kind to myself and love myself unconditionally

Grateful and Peaceful Outlook Affirmations Cont'd

- Every day I'm going to be more mindful of all of the small blessings that I should be thankful for
- I am creating a life that feels good and I am in charge of my happiness
- I am not afraid of what could go wrong. I am excited about what could go right
- Every day is a constant state of learning. Today, I am finding ways to be grateful for what I have while also being excited about what is yet to transpire
- Gratitude changes my focus on what is good in my life
- Today I will look for the beauty and the gifts in these moments of struggle. I will be grateful for each and every one of them
- I am willing to believe that things will work out, even if they don't feel like it
- I allow my creative energy to flow freely at all times
- I accept my emotions and let them serve their purpose
- I give myself permission to do what is right for me
- I am a beautiful, unique soul and I acknowledge that my existence and contribution on this planet are needed

Fertility Affirmations

- I trust my body
- I trust the journey I am on
- I am proud of myself
- My body is finding its path to health and fertility
- My body knows how to take care of me and my baby
- I am strong and fertile
- My body is capable and strong
- My body knows exactly what to do
- I am ready to conceive
- I release expectations
- This is only temporary
- I trust the process. Good things will come
- With each breath, I draw in health and vitality for my baby
- I embrace all emotions, knowing they are part of my experience
- I am confident and empowered in my ability to conceive

Post Miscarriage Affirmations

- The baby I lost knows how much love I have in my heart
- My grief is what's left from something I love that I don't have. I accept my grief and nourish that love I have
- I let go of anger caused by my grief
- As I relax, my body lets go of the stress of my miscarriage and builds itself up to prepare for a healthy pregnancy
- I focus on the joy of a future baby

Creating Your Own Affirmations

When creating your own affirmations, you can use the following as starters:

- I am...
- I feel...
- I believe...
- I am open to...
- I will be...
- I will no longer be...(especially helpful to remind you of a specific thought habit you have that leads you down a certain path of negativity or anxiety, and also reminds you of where you *want* to be)
- My body is/knows...

Once you have decided on a set of affirmations that feel right to you, place them in an area that you will see every day, multiple times per day.

Set a daily ritual to say them to yourself **OUT LOUD** at least once per day.

The ritual, the repetition of this, serves to continuously remind you of who you want to be, the thoughts you want to have, and how you want to feel.

After a period of time, you will find that your thought patterns begin to change automatically, not because of any woo-woo nonsense but because you have intentionally created the brain pathways to think the new way you want