



Positive Affirmations

for Uncertainty, Anxiety and Fear

- I am safe in this very moment
- I acknowledge my own self-worth
- I can become calm and still as I allow myself to breathe
- My path is carved toward living a life I love and I can walk it
- My understanding is expanding with every breath
- I am choosing to be at peace with what happened, what is happening, and what will happen
- There are positive outcomes I am not yet aware of
- Clarity of mind is available to me
- I can find joy in the little things
- I am fully equipped to create what I want and need
- I can choose to focus on the blessings
- I am becoming stronger every second
- There is much to be grateful for in my life right now
- I can choose to replace my feelings with peace right now
- I will thrive, prosper, and have joy
- There is good coming into my life and it will arrive sooner than I expect
- I can be guided by a Higher Power in my every step
- I possess the qualities I need to find solutions
- I am gradually opening up to feel inner peace
- I believe my potential and my purpose are divine
- I am closer to finding what I am looking for and to living my vision
- I am finding the courage to take the next right step
- The truth is I am blessed, loved, and supported
- I surrender to a greater plan, beyond my understanding
- I love it when I feel relaxed, happy, and free
- Everything that is happening now is truly for my highest good
- I am stronger than I think I am
- Everything is temporary and only a short phase of my life
- My efforts are being supported by a Force greater than me
- There is much in my life to look forward to
- I trust the process of life
- I am able to slow down and take slow breaths
- I trust there is a way to create what I want
- I am Divine and being calm and still is part of my nature
- Life is always working for me
- I can be at peace on the inside, no matter what happens on the outside
- I focus my energy on my dreams and goals
- My mind can be at ease and my body relaxed
- I prefer feeling calm, clear, and focused
- When I focus on ideas, I can help manifest my dreams
- Things happen in divine order and in divine timing
- I am training myself to become curious, joyful, and full of wonder

peace