

DAILY PRACTICE

Daily Affirmations

*Affirmations for self-love, abundance, success, boundaries, healing and
inner alignment*

How to use this collection

*Choose the theme that matches what you need right now, read the affirmations slowly, and
repeat the ones that resonate. Return to them daily, and let repetition do the work.*

Denise Ciotta

Self Acceptance

Develop acceptance of yourself as you are and reduce self-judgment.

“ *I completely accept myself exactly as I am*

“ *I am enough exactly as I am*

“ *My imperfections make me unique and beautiful*

•

Self Esteem

Build confidence, self-worth, and appreciation for yourself.

“ *I deeply love and appreciate myself*

“ *I am worthy of love, kindness and respect*

“ *I am becoming more confident every day*

“ *I am proud of who I am becoming*

•

Positive Growth Mindset

Encourage personal growth, learning, and belief in your potential.

“ *I choose thoughts that support my happiness*

“ *I give myself permission to rest, heal and grow*

“ *I trust myself and my decisions*

•

Self Care

Create a healthier relationship with yourself through kindness and care.

“ *I treat myself with compassion and patience*

“ *I create a loving relationship with myself*

“ *I give myself permission to rest, heal and grow*

•

Safety, Security & Protection

Strengthen feelings of inner safety and emotional stability.

“ *I feel safe being authentic and expressing who I truly am*

“ *I trust myself and my decisions*

•

Self Expression

Encourage authenticity and confidence in showing who you truly are.

“ *I feel safe being authentic and expressing who I truly am*

“ *I release self-judgment and embrace self-love*

•

Self Soothing

Support emotional calmness and the ability to comfort yourself.

“ *I treat myself with compassion and patience*

“ *I choose thoughts that support my happiness*

“ *I give myself permission to rest, heal and grow*

•

Self Compassion

Develop kindness, understanding, and acceptance towards yourself.

“ *I treat myself with compassion and patience*

“ *I release self-judgment and embrace self-love*

“ *I am worthy of love, kindness and respect*

•

Anxiety Relief

Create greater calm, trust, and emotional balance.

“ *I feel safe being authentic and expressing who I truly am*

“ *I trust myself and my decisions*

“ *I choose thoughts that support my happiness*

•

Depression Relief

Encourage hope, self-worth, and connection with positive experiences.

“ *I deserve healthy relationships and positive experiences*

“ *I am proud of who I am becoming*

“ *I create a loving relationship with myself*

•

Multiple Income Streams

Develop openness towards creating and receiving different sources of income.

“ *I attract new sources of income*

“ *Opportunities for prosperity are always available to me*

“ *Money flows to me easily and naturally*

•

Financial Security

Build confidence, stability, and trust in your ability to manage money.

“ *I am financially confident and secure*

“ *I trust myself with financial responsibility*

“ *I make wise financial decisions*

•

Debt-Free & Financial Freedom

Create a healthier relationship with money and move away from financial stress.

“ *I release all beliefs connected to scarcity*

“ *I feel comfortable receiving money*

“ *I trust myself with financial responsibility*

•

Removing Scarcity Mindset

Replace limiting beliefs about money with thoughts of abundance and possibility.

“ *I release all beliefs connected to scarcity*

“ *I am open to receiving unlimited abundance*

“ *I have a wealthy and abundant mindset*

•

Stock Market & Investment Success

Encourage confidence, patience, and responsible financial decisions.

“ *I make wise financial decisions*

“ *I trust myself with financial responsibility*

“ *I create value and receive abundance in return*

•

Millionaire Mindset

Develop beliefs connected with growth, success, and financial expansion.

“ *I have a wealthy and abundant mindset*

“ *Wealth is a natural part of my life*

“ *I am becoming more successful every day*

•

Money Multiplier Mindset

Strengthen the belief that money can grow through positive actions and opportunities.

“ *I create value and receive abundance in return*

“ *Money flows to me easily and naturally*

“ *I attract new sources of income*

•

Money Magnet Mindset

Create a positive emotional relationship with receiving and attracting money.

“ *I am open to receiving unlimited abundance*

“ *I feel comfortable receiving money*

“ *I deserve financial success*

•

Wealth Manifestation

Focus attention on abundance, gratitude, and positive financial expectations.

“ *Wealth is a natural part of my life*

“ *I am grateful for the abundance already present in my life*

“ *I deserve financial success*

•

Successful Entrepreneur Mindset

Encourage confidence, creativity, value creation, and personal success.

“ *I create value and receive abundance in return*

“ *I am becoming more successful every day*

“ *Opportunities for prosperity are always available to me*

•

Success Mindset

Develop confidence, belief, and motivation to achieve personal goals.

“ *I am capable of achieving my goals*

“ *I believe in my ability to succeed*

“ *Success comes naturally when I follow my purpose*

•

Subliminal Affirmations for Success

Reinforce positive beliefs about achievement, growth, and personal potential.

“ *I trust my journey*

“ *I am constantly improving myself*

“ *I attract opportunities that support my growth*

•

Ambition, Direction & Discipline

Strengthen focus, commitment, and consistent action towards your goals.

“ *I take inspired action every day*

“ *I am focused, disciplined and determined*

“ *I trust my journey*

•

Resilience & Courage

Develop the ability to face challenges and grow through difficulties.

“ *Challenges help me become stronger*

“ *I believe in my ability to succeed*

“ *I am constantly improving myself*

•

Deserving Your Dreams

Build self-worth and allow yourself to receive success and achievement.

“ *I deserve to achieve my dreams*

“ *I am capable of achieving my goals*

“ *Success comes naturally when I follow my purpose*

•

Law of Attraction & Success

Focus your attention on opportunities, growth, and positive outcomes.

“ *I attract opportunities that support my growth*

“ *I take inspired action every day*

“ *I trust my journey*

•

Overcoming Heartbreak

Support emotional recovery, acceptance, and the ability to move forward after painful experiences.

“ *I allow myself to heal*

“ *I release what no longer serves me*

“ *I choose healing and freedom*

•

Resilience & Inner Strength

Build confidence in your ability to face challenges and grow through difficult experiences.

“ *I am stronger than my challenges*

“ *I trust my emotional growth*

“ *I choose healing and freedom*

•

Healing from Trauma & Difficult Experiences

Create feelings of safety, self-compassion, and emotional recovery.

“ *I am safe in the present moment*

“ *My past does not define me*

“ *I deserve peace and happiness*

•

Inner Child Healing

Support self-compassion, forgiveness, and emotional integration.

“ *I forgive myself and others*

“ *I allow myself to heal*

“ *I deserve peace and happiness*

•

Miracle Manifestation

Develop openness towards positive experiences, possibilities, and unexpected opportunities.

“ *I am open to receiving miracles in expected and unexpected ways*

“ *I welcome new possibilities with an open heart*

“ *I allow positive experiences to flow naturally to me*

•

Law of Attraction

Focus your thoughts and energy on positive direction, growth, and desired experiences.

“ *My thoughts create clarity, confidence and positive direction*

“ *I create my reality through conscious thoughts and inspired actions*

“ *I align myself with opportunities that support my growth*

•

Trusting the Process

Build patience, trust, and confidence in the timing of your personal journey.

“ *I trust that life is always guiding me toward what is right for me*

“ *I trust the timing of my life*

“ *I allow positive experiences to flow naturally to me*

•

High Vibration & Positive Alignment

Encourage a positive emotional state and greater connection with uplifting experiences.

“ *I am becoming more aligned with my highest self every day*

“ *I welcome new possibilities with an open heart*

“ *I align myself with opportunities that support my growth*

•

Spiritual Alignment

Strengthen connection with inner wisdom and personal direction.

“ *I am connected to my inner wisdom*

“ *I trust the timing of my life*

“ *I create my reality through conscious thoughts and inspired actions*

•

Connection to Higher Self

Develop awareness of your deeper values, intuition, and personal potential.

“ *I am becoming more aligned with my highest self every day*

“ *I am connected to my inner wisdom*

•

Spiritual Awakening

Support personal awareness, openness, and inner transformation.

“ *I welcome new possibilities with an open heart*

“ *I trust that life is always guiding me toward what is right for me*

•

Mantra / Chanting Practice

Use repeated positive statements to reinforce focus, intention, and emotional alignment.

“ *I trust the timing of my life*

“ *I allow positive experiences to flow naturally to me*

•

Imagination & Creative Energy

Use imagination as a tool for creating clarity and connecting with desired experiences.

“ *My thoughts create clarity, confidence and positive direction*

“ *I create my reality through conscious thoughts and inspired actions*

•

Infinite Abundance

Develop openness towards receiving abundance in different forms and creating a positive relationship with prosperity.

“ *I am open to receiving abundance in many forms*

“ *I allow myself to receive more*

“ *I create healthy relationships with wealth*

•

Money Magnet Mindset (Abundance)

Encourage confidence in attracting financial opportunities and recognising value.

“ *Money flows to me through valuable opportunities*

“ *I am worthy of financial stability*

“ *I allow myself to receive more*

•

Removing Scarcity Beliefs

Release limiting beliefs connected with lack and create a more abundant mindset.

“ *I release old beliefs about scarcity*

“ *I am open to receiving abundance in many forms*

“ *I create healthy relationships with wealth*

•

Financial Boundaries & Responsibility

Develop confidence, awareness, and balance in managing money.

“ *I manage money with confidence and wisdom*

“ *I trust myself with financial decisions*

“ *My value is not measured only by money*

•

Healthy Relationship with Wealth

Build a balanced understanding of money, value, and personal worth.

“ *My value is not measured only by money*

“ *I create healthy relationships with wealth*

“ *I trust myself with financial decisions*

•

Emotional Boundaries

Develop awareness of your emotional needs and create healthier connections.

“ *My needs and feelings matter*

“ *I can love others while respecting myself*

“ *I create healthy boundaries with confidence*

•

Work Boundaries

Maintain balance between professional responsibilities and personal wellbeing.

“ *I communicate my needs clearly*

“ *My needs and feelings matter*

“ *I deserve respectful and balanced connections*

•

Parental Boundaries

Create respectful relationships while protecting your emotional wellbeing.

“ *I can love others while respecting myself*

“ *I communicate my needs clearly*

“ *I choose relationships based on mutual respect*

•

Genuine Boundaries

Build authentic relationships based on respect, honesty, and healthy limits.

“ *I create healthy boundaries with confidence*

“ *I deserve respectful and balanced connections*

“ *I choose relationships based on mutual respect*

•

Breakup Recovery

Release relationships that no longer support your growth and wellbeing.

“ *I release relationships that no longer support my wellbeing*

“ *I deserve respectful and balanced connections*

“ *I choose relationships based on mutual respect*

•

Kindness & Compassion

Maintain kindness towards others while also respecting yourself.

“ *I can love others while respecting myself*

“ *My needs and feelings matter*

•

Powerful Morning Routine

Start the day with confidence, intention, and a positive emotional state.

“ *Today is full of possibilities*

“ *I welcome this day with confidence*

“ *I focus on what I can create*

•

Daily Affirmations Practice

Build supportive thoughts and reinforce a positive mindset throughout the day.

“ *I choose a positive mindset today*

“ *I bring positive energy into everything I do*

•

High Vibration & Positive Energy

Encourage optimism, awareness, and a constructive approach to daily experiences.

“ *I bring positive energy into everything I do*

“ *I focus on what I can create*

“ *I choose a positive mindset today*

•

These are only some of the affirmations, categorised by topic. There are many more available, and you can choose them depending on what you need at a specific moment.

I have personally been enjoying a Spotify collection by Kinder Records, which is very rich and offers many different types of affirmations for almost every situation and intention. The collection includes themes such as self-love, abundance, success, confidence, healing, relaxation, sleep, spirituality, and personal growth. I believe it is mainly available in English.

With warmth, Denise