

7 KEY PERSONAL POWER AFFIRMATIONS

DO YOU OFTEN FEEL POWERLESS?

Would you like to feel lighter, more in control and open to attracting more love, happiness and opportunity into your life?

Are you ready to start taking your power back?

Affirmations can be powerful energy shifters. Your words matter, they will either align you with your divine power or disconnect you from it. Use these 7 personal power affirmations daily.

Speak them out loud, with confidence and conviction and if you want even more impact say them in front of the mirror.

Feel the vibration of the words as they sink into the cells of your body. Feel their power, feel their truth. Focus on that feeling and give your power permission to expand.

AND REPEAT!!

***Tip- Try using the 'Three Voices' technique:** (e.g. I approve of myself, Dawn approves of herself, she approves of herself)

1. I LOVE AND APPROVE OF MYSELF JUST AS I AM

There's no perfect. You don't need to be anything other than as you are RIGHT NOW in this moment, to love and approve of yourself. Do not put conditions

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your own love. Yes you can improve, as we all can, but love yourself whilst you're improving! Start NOW and make this your mantra always!

2. I AM ('that') I AM

I AM are the two of the most powerful words in the human language. They are a direct order to the Universe not just of what you want, but of your belief that you already have it. This is the key to manifestation. Act as if you already are/have what you seek. Substitute ('that') for whatever it is that you want e.g. I AM (*perfect health*) I AM.

3. I AM THE MASTER AND DIRECTOR OF MY LIFE AND MY SUBCONIOUS MIND IS MY FRIEND AND SERVANT

Yes you are! But you must step up to the role. It's up to you to take control of your life and your subconscious. Because if you don't it will simply take orders from the unconscious parts of you that as you already know create chaos and conflict in your life. Let your subconscious know that you're in charge, that you are in the driving seat and it will follow your command.

4. I AM POWERFUL, CENTRED AND LOVING AT ALL TIMES

Take a deep breath, anchor yourself into Mother Earth and know you are loved and supported by all THAT IS. Whenever you find yourself caught up in fear, feeling lost, confused, when your nervous system has been triggered, or you're off worrying about what lies ahead, use this affirmation to bring yourself back into alignment with your power.

5. I HAVE PERFECT TRUST AND PATIENCE IN MY HIGHER SELF

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Your higher self knows the way, always. Everything you need is within in; you have a guidance system that you can trust. So trust yourself and be patient. There is no need to rush, to push, to demand. Trust and patience are powerful tools that will help you make heart centred soul aligned decisions that will help you create a beautiful life.

6. I AM THE CAUSE OF MY FEELINGS AND EMOTIONS, NOT OTHER PEOPLE. I WILL NOT GIVE THEM POWER OVER ME AGAIN.

You want to blame others, but your emotions belong to you. You are giving away your power to others and that's leaving you feeling weak, vulnerable and emotionally drained.

When we take responsibility, we take control! You can't make me feel anything without my permission, I choose, and I choose to own my feelings instead of letting them own me. Free yourself from being at the mercy of others and take back your emotional power!

7. I HEAR WHAT OTHERS SAY TO ME BUT I ONLY INTERNALIZE WHAT I CHOOSE TO INTERNALIZE

That's right; you don't have to take everything everyone says on board. In fact best you don't because most of what others say is not even about you, but about their own distorted thought processes and belief system.

Stop taking what others say personally; see that their opinions are THEIR business, not yours. Don't poison your insides by taking on other's toxic words and ideas. You have the power to choose what you internalize, and you internalize only that which is aligned with truth and serves your highest good.

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