



# AFFIRMATION POWER UP!

100 POSITIVE AFFIRMATIONS LIST

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This list provides you with **100 positive self-talk or statements** designed specifically for mental imagery relaxation. By combining **the power of positive self-talk** with calming mental imagery, you can create a personalized oasis of peace within your mind. Whether you visualize a calming beach scene or imagine yourself breathing in serenity, these affirmations will guide you towards a state of deep relaxation.

## General Relaxation:

1. I am calm and relaxed, surrounded by peace.
2. My breath is slow and steady, washing away tension.
3. With each exhale, I release stress and negativity.
4. My muscles are loose and heavy, sinking into comfort.
5. I am at peace in this moment.
6. My mind is quiet and clear, a still lake reflecting the sky.
7. Warmth spreads through my body, melting away tension.
8. I am safe and secure, enveloped in a feeling of well-being.
9. Each thought brings me closer to relaxation.
10. I visualize a calming scene (beach, forest, etc.) and allow myself to be immersed in it.

## Breathing:

1. My breath is a gentle wave, rising and falling with ease.
2. I breathe in peace, I breathe out stress.
3. With each inhale, I draw in calmness.
4. My breath is a powerful tool, bringing me inner peace.
5. I focus on my breath, a soothing anchor in the present moment.

## Visualization:

1. I visualize myself in a peaceful place, bathed in tranquility.
2. I see myself radiating calmness and inner peace.
3. I imagine a gentle breeze caressing my worries away.
4. I visualize a calming light filling my body, washing away tension.
5. I create a mental sanctuary where I can find peace and relaxation.

### Body:

1. My body is a temple of relaxation, each muscle letting go of stress.
2. Tension melts away from my shoulders, neck, and forehead.
3. A wave of calm washes over my body, starting at my fingertips and toes.
4. I feel my heart beating peacefully, a steady rhythm of relaxation.
5. My body is at ease, a vessel for serenity.

### Nature:

1. I imagine myself walking along a peaceful beach, the sound of waves washing away stress.
2. I feel the warmth of the sun on my skin and the cool breeze on my face.
3. I listen to the calming sounds of nature, a symphony of peace.
4. I visualize lush green trees swaying gently, a haven of tranquility.
5. I am grounded by the earth's energy, feeling calm and connected.

### Positive Self-Talk:

1. I am worthy of relaxation and peace.
2. I can choose to let go of stress and negativity.
3. I am capable of achieving inner peace.
4. I am strong and resilient, and I can handle stress with ease.
5. Relaxation is my birthright, and I allow myself to experience it fully.

### Positive Imagery:

1. I imagine myself floating on a cloud, weightless and carefree.
2. I visualize a calming waterfall, its sound washing away worries.
3. I picture myself bathed in a warm, golden light, radiating peace.
4. I imagine a gentle rain shower cleansing me of stress and negativity.
5. I see myself surrounded by loving energy, feeling safe and secure.

### Mindfulness:

1. I focus on the present moment, letting go of past worries and future anxieties.
2. I acknowledge my thoughts and feelings without judgment.
3. My mind is a tranquil garden, free from weeds of negativity.
4. I choose to focus on the positive aspects of my life.
5. I am present in this moment, and I embrace the peace it offers.



### Gratitude:

1. I am grateful for my breath, a source of life and relaxation.
2. I am thankful for my body, a vessel for experiencing peace.
3. I appreciate the beauty and serenity of nature.
4. I am grateful for the people who bring me joy and support.
5. I find gratitude in the simple things, fostering inner peace.

### Sensory Details:

1. I feel the soft sand beneath my toes and the warm sun on my skin.
2. I hear the gentle chirping of birds and the calming sound of waves crashing.
3. I smell the fresh scent of pine needles and the sweetness of wildflowers.
4. I taste the coolness of a refreshing drink, washing away tension.
5. I feel the gentle breeze caress my skin, a soothing touch of relaxation.

### Body Sensations:

1. My muscles are completely relaxed, a feeling of weightlessness.
2. A tingling sensation of peace spreads through my body.
3. Every cell in my body vibrates with calmness and serenity.
4. I feel a deep sense of peace settle within me.
5. My body is a temple of relaxation, radiating positive energy.

### Letting Go:

1. I release all tension and negativity with each exhale.
2. I let go of worries and anxieties, allowing them to drift away like clouds.
3. I surrender to the present moment, letting go of the past and future.
4. I choose peace over stress, calmness over chaos.
5. My mind is a clear and quiet space, free from negativity.

### Inner Strength:

1. I am strong and resilient, capable of handling anything that comes my way.
2. I have the power to create inner peace and well-being.
3. I am worthy of relaxation and deserve to feel calm.
4. I trust my inner strength and ability to navigate challenges with grace.
5. I am a beacon of peace in the midst of a storm.

### **Security and Support:**

1. I am surrounded by love and support, feeling safe and secure.
2. The universe is on my side, guiding me towards peace and happiness.
3. I am a part of something larger than myself, connected to a sense of calm.
4. I trust my intuition and inner wisdom to guide me towards relaxation.
5. I am supported by a loving energy that brings me peace and comfort.

### **Abundance and Flow:**

1. I am surrounded by an abundance of peace and tranquility.
2. Peace flows through me effortlessly, like a gentle river.
3. I am open to receiving the gift of inner serenity.
4. Each moment is an opportunity to experience relaxation.
5. I cultivate a sense of peace that radiates outward, touching the world.

### **Letting Go of Perfection:**

1. I am perfect in my imperfection, and I allow myself to relax.
2. I let go of the need to control everything, and embrace the present moment.
3. Mistakes are opportunities to learn and grow, not reasons for stress.
4. I accept myself unconditionally, flaws and all, and find peace in that acceptance.
5. Progress, not perfection, is the key to a relaxed and peaceful life.

### **Gratitude:**

1. I am grateful for this moment of peace and relaxation.
2. I appreciate the simple things in life that bring me joy and tranquility.
3. I am thankful for the people who support me and bring me peace.
4. I find gratitude in the midst of challenges, fostering inner peace.
5. I cultivate an attitude of gratitude, knowing it fosters inner peace.

### **Growth and Transformation:**

1. I am constantly learning and growing, becoming more peaceful each day.
2. With each breath, I release negativity and embrace inner peace.
3. This relaxation practice is a journey, and I am committed to the process.
4. Challenges are opportunities for growth and inner strength.
5. I am on a path towards a life filled with peace and well-being.

## Living in the Present:

1. I focus on the present moment, letting go of worries about the future.
2. I savor the beauty of the present moment, finding peace in the simple things.
3. Today is a gift, and I choose to experience it with peace and joy.
4. I am fully present in this moment, allowing myself to relax completely.
5. My breath anchors me in the present moment, a source of peace and calm.

## Here are some steps on how to perform positive affirmation effectively:

### 1. Choose Meaningful Statements:

Don't just pick random affirmations. Select ones that resonate with your current goals and challenges.

Focus on affirmations that feel believable to you.

### 2. Personalize Them:

Make affirmations specific to your situation. Instead of "I am confident," try "I am confident in my presentation skills."

Use present tense statements like "I am worthy" or "I am calm."

### 3. Repetition is Key:

Consistency is crucial. Aim to repeat your affirmations several times a day, even just a few minutes each time.

You can say them aloud, silently in your head, or write them down.

### 4. Focus on Feeling:

Don't just say the words; try to feel the emotions behind them. Imagine yourself already achieving what the affirmation states.

### 5. Believe It:

While affirmations shouldn't feel like forced lies, a little positive bias can help. Over time, repetition can help you believe the affirmations more deeply.

*Remember, positive affirmations are most effective when combined with other self-improvement strategies and a healthy lifestyle. [Visit our website](#) for more valuable resources related to Menopause and Women's Health.*