

# 99 AFFIRMATIONS *to* MANIFEST YOUR BEST LIFE

*Affirmation: a simple but powerful phrase that is designed to create positive change by influencing the subconscious mind*

THE ASCENSION STUDIO

# 99 AFFIRMATIONS TO MANIFEST YOUR BEST LIFE

The Law of Attraction.

Positive Thinking.

Manifestation.

Magnetic Vibes.

Call it what you want, but the power of affirmations lies in their ability to shape our thoughts, our beliefs, and ultimately, they play a major role in helping us actualize our dreams.

What we believe about ourselves has a significant impact in how we show up in the world and how the world responds to us. And that belief starts in our minds.

Just like a negative thought can lead to a string of other negative thoughts and actions, which leave you feeling terrible and having a bad day, a positive thought can leave you with good vibes, and you're much more likely to have a good day.

We all have subconscious beliefs, be they positive or negative, and most of the time, we don't even know that these subconscious beliefs are affecting our everyday lives. We unknowingly walk around all day encouraging bad vibes; putting ourselves down, discounting our achievements, or focusing on things we don't want – and then we're surprised when those very things land on our doorstep.

Think about the last time you thought any of these:

“I wish I wasn’t so fat.”

“I’m so disorganized.”

“I’m probably not going to get (insert desire) anyway, so why bother?”

“I can’t afford that. I’m broke.”

“I’m not good with that type of stuff.”

The words we speak to ourselves matter. Whether we’re saying negative or positive things to ourselves, we are making affirmations on SOMETHING. And because our mind believes what we repeatedly tell it, our words are literally shaping our thoughts, our actions, and therefore, our lives.

In its simplest form, an affirmation is an empowering statement you repeat regularly with the intention of creating positive change in your world or manifesting your desires.

“Wow, I love the way everything just seems to work out for me.”

Everything you think and say on a daily basis is your own personal affirmation. If you’re someone who has walked through life literally speaking your worst fears into existence, you now have a new tool available to you.

When you realize you’re slipping into negative thoughts, engaging in negative self-talk, or self-deprecating by doubting yourself and expecting the worst-case scenario to happen, take a pause, and then,

**FLIP THE SCRIPT.**

Start being nicer to yourself. Talk to yourself the way you'd talk to your best friend or a lover. Start expecting better things to come your way. The first step is repeatedly and consistently verbalizing statements that are empowering and supportive of your goals.

Start using affirmations to reprogram your subconscious mind, with the understanding that you have control over the thoughts you think and the words you tell yourself.

The secret to making affirmations work is not only repeating the words over and over again. You have to put power behind your words. The sound of your voice alone isn't going to affect change. Your emotions and the energy you infuse your words with are what gives them power.

You have to "feel" your affirmations by acting as if you're already living them. It's one thing to tell yourself you're successful, and quite another to actually feel like you are successful while saying it. You have to stop looking to your past for what is possible and create from your future. Think of an affirmation as a destination, a new belief and a place you want to get to.

Because the subconscious mind doesn't know the difference between what is real and what is not, when you infuse your affirmations with emotions and energy, the Universe will take whatever you are affirming (choosing to believe) on a daily basis and bring it to your life in reality.

# HOW TO WORK WITH AFFIRMATIONS

Find or create one you love, write it down, and carry that high vibe energy wherever you go.

Put it on your phone as a screensaver.

Repeat your affirmation during your morning routine until it is etched into your heart.

Chant your affirmations during a meditation when you are in a relaxed state of mind.

Write it on a sticky note and put it somewhere you'll see it each day.

Visualize or feel whatever you're affirming as you say the words aloud. Think about how it sounds, how it feels, and what the words resonate.

Write them out 5-10 times in a journal each night before you go to bed.

Set them as reminders or alarms on your phone so they pop up multiple times throughout the day. Try having one pop up first thing in the morning after your alarm goes off.

Record your affirmations on the voice recorder app on your phone and loop the audio. Listen to it in the car or before you fall asleep.

Replace negative self-talk. Whenever you catch a negative thought about yourself, immediately replace it with a positive affirmation that contradicts that negative thought. We can retrain our brains to engage in positive self-talk, which will make us feel better overall.

Moving around while saying them allows them to sink in deeper.

There is no right or wrong way to use affirmations—as long as they mean something to you. Eventually, your affirmations become a sacred ritual, a means of co-creating your reality in harmony with the divine flow of the universe.

# 99 AFFIRMATIONS TO MANIFEST YOUR BEST LIFE

Here are 99 affirmations you can use to start making this a daily practice. Some affirmations will resonate deeply with you as you read through them, while others will not. This is your inner wisdom—tune into it and allow it to guide you.

This list is meant to serve as inspiration. You may choose to use one of these affirmations as your own. You may also find you want to take a word or theme from different affirmations and bring them together to create your own. Do whatever feels right for you.

I have organized them into different categories so you can choose them based on what area of your life you most want to improve. At the end of this guide, I have included a section on how to create your own affirmations. The most powerful affirmations are the ones that resonate with you because you believe them.

## **MORNING AFFIRMATIONS**

I am grateful for the magic and miracles that today brings.

I am open to new opportunities.

I am stepping into a future full of opportunities.

I am bursting with life and energy.

Today I will focus on what makes me feel good.

My life is truly beautiful, and everything is working out perfectly for me.

I can't wait to see what unfolds for me today.

There is so much joy in this world waiting for me today.

This is a new day, and all possibilities are available to me.

Today I will choose to see the good in everything and everyone.

I'm so appreciating everything good in my world right now.

I am open, ready, and excited for this day and all that it will bring.

I am open to receiving new ideas and new ways of thinking today.

I am always guided to the next right step for me and I'll know it by the way I feel.

## **CAREER/BUSINESS**

The universe wants me to succeed.

My business is growing, expanding, and thriving.

I am attracting great opportunities.

My dream job is out there and also seeking me.

I am unique and I have something special to offer.

I deserve a profitable business and a well-paying career.

I am incredibly smart and full of insight and wisdom and people want what I have to share.

I deserve to be employed and paid well for my time, efforts, and ideas.

My dream job is on its way to me right now.

I choose to be confident in knowing that I provide value to others.

I am worth investing in.

I am capable of doing anything I set my mind to.

## **HEALTH/HEALING**

I let go of all that feels heavy.

I radiate good health.

I get better every day.

I am nourished on all levels of my being.

I let go of unsupportive habits and make way for nourishing ones.

I listen with love to my body's messages.

I am healing from my wounds.

I love and care for my body and it cares for me.

I have abundant energy, vitality, and well-being.

My immune system is healthy and strong.

I am surrounded by healing energy.

My body knows how to heal itself.

I love taking care of myself.

## **CONFIDENCE/SELF IMAGE**

I am enough and always will be enough just the way I am.

I am a work in progress.

I love my body and all the amazing things it does for me.

I am beautiful.

Everything is always working out for me.

I am smart and resourceful.

I am always my best self.

I deserve the compliments that I receive.

I have value and I matter.

I deserve to take up space in this world.

I am brave enough to live the life of my dreams.

I am whole on my own.

I can conquer anything.

## **SPIRITUALITY**

I am at peace.

I release what no longer serves me.

I am capable of anything I dream of.

The Universe always has my back.

I trust my intuition and allow it to guide me.

What is meant for me will always be for me.

I am following my true purpose.

I am a powerful creator and I create the life I want.

I am living a life that is true to my deepest desires.

I am always safe and divinely protected and guided.

I am limitless.

The Universe naturally provides for all of my needs.



## **HAPPINESS**

I am the creator of my mood therefore I am the creator of my day.

I choose to be happy.

Everything happens for my highest good.

I deserve to be happy.

My happiness comes from within me.

I can and will have more than I ever dreamed possible.

I appreciate everything that I have.

I bring light with me wherever I go.

I am radiant, beautiful, and thriving.

Everything is working out for my highest good.

## **SELF-LOVE**

I believe in myself.

I know my worth.

I care about myself.

I love myself unconditionally and accept myself as I am.

My feelings and emotions are valid.

I am enough.

I am glad that I am unique.

I respect myself.

I forgive myself.

I am happy about my experiences and how they shaped me.

I love my flaws.

I love the person I am and the person I am becoming.

## **RELATIONSHIPS**

I am deeply lovable.

I invite loving, grateful, supportive people into my life.

I may not always feel loving, but I choose to act loving.

I have the courage to ask for what I need and want.

I forgive others who have harmed me in the past.

I deserve fulfilling relationships.

I am open to love.

I am attracting the perfect person for me.

I connect with others and make friends easily.

My soulmate is out there and they are seeking me as much as I am seeking them.

Love is always available to me.

I naturally find love everywhere.

I see the best in myself and others.

## **MONEY MINDSET**

Money loves me and I love money.

I am a money magnet.

Money is attracted to me and finds its way into my life effortlessly.

I naturally attract good fortune.

I am open to receive financial abundance.

I celebrate and appreciate my money.

I am the creator of my financial situation.

I have enough. I AM enough.

I believe there is enough money for everyone.

Money is an unlimited resource and it is always flowing my way.

I have the power to create the success and build the wealth I desire.

## WHEN YOU'RE STRUGGLING

It's normal to feel slightly uncertain or even silly when you start working with affirmations. Maybe you're wondering if this is actually going to help you in any way, whether it will work. There may be a person (or people) in your life who make you feel foolish for even believing in something so ridiculous. This is normal when you are new to affirmations.

We are not the sole creators of our reality. We are co-creating with the Universe, and the Universe has its own divine timing. Just because something doesn't happen when you think it should, doesn't mean it won't happen when it's supposed to happen. Our job is to ask for what we want. It's up to the Universe to decide how and when to deliver it. Remember, the 'how' is not your job. Your job is to be clear on what you want, and trust that it's on its way to you. I truly believe that what is desired by you, is DESTINED for you. When you start following your dreams and taking action on your desires, the Universe responds.

The hard part is the believing. Just know that when you believe it, you'll see it.



# CREATING YOUR OWN AFFIRMATIONS

The 99 affirmations provided in this guide are good for getting you started. As you work with affirmations, you may find you want to customize them to better fit your own goals and dreams. Affirmations are easy to create, as long as you keep a few things in mind:

1. Focus on what you want. When you think about what you don't want to happen, you continue to draw it to you. Affirmations are about focusing on what you DO want.
2. Decide on your end goal. What would you like to see happen in your life? Try to be as specific as possible.
3. Write your affirmation as if it has already happened and manifested in your world. Instead of saying you 'want' something, it's better to say 'I have \_'.
4. Use the present tense. Beginning with the words "I am" evokes a sense that what you're trying to embody more of is already in motion. Not all affirmations have to start like this, but many of them do.
5. Keep it short. The best affirmations are ones that are easy to memorize and repeat. Anything longer than a line tends to be too long. Look at where you can cut out unnecessary words and be more selective with your choice.
6. Attach an emotion to it. Use words like happy, grateful, and joyous. These are powerful positive emotions that can help raise your vibration and help you attract more positive energy. The more you can visualize the feeling, the more your body and spirit will work together to make it a reality.
7. Look at some of the limiting beliefs you might be holding. When it comes to what you want, do you feel like you don't deserve it? Whatever those limiting beliefs are, write them down. Then you can make an opposite affirmation in order to shift your belief.

# MY AFFIRMATIONS

You may not realize it yet, but your deepest desires are already within you, waiting for you to discover them. Don't overthink it – the right affirmation will just come through you; you won't have to go searching for it. As long as the words have meaning to you, they will work for you.

The more you see those words, write them down in your journal, speak them into existence, the more you remind yourself of their power – the more they will filter into your subconscious.

I truly hope using affirmations helps you reconnect with yourself and discover your inner power. You are far too gifted to be anything but who and what you were born to be. You were created to be unique because the world needs what only you can bring to it.

*"I am. Two of the most powerful words, for what you put after them shapes your reality."  
Unknown*

To an intentional life,

A handwritten signature in a cursive script that reads "Jen". To the left of the signature is a simple, hand-drawn heart symbol.

# Stay Connected

## Where you Can Find More

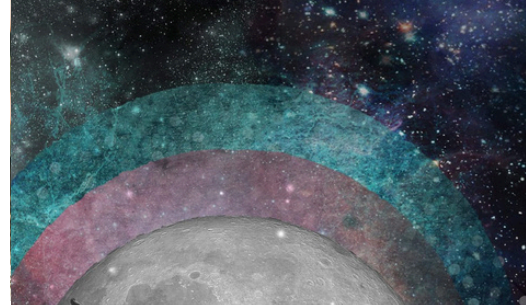
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# THANK YOU

Thank you so much for joining me on this journey! If you have any questions or are looking for more support, please don't hesitate to reach out. I can't wait to see you inside  
The Embodied Ascension Course!

 Jen