



The 31-day list contains **completely unique affirmations**, one for each day, all original and exclusive By Yanni.

1. I am the author of my own peace and joy.
2. Every breath I take fills me with strength and clarity.
3. My presence brings calm and positivity to those around me.
4. I release what no longer serves me and embrace growth.
5. Courage flows through me effortlessly in all I do.
6. I am worthy of every opportunity and blessing that comes my way.
7. My heart is open to love, kindness, and understanding.
8. I trust the process of my life and my timing.
9. I am resilient, and challenges only refine my spirit.
10. Creativity and inspiration flow naturally through me.
11. I honor my emotions and allow them to guide me.
12. I am capable of achieving more than I imagine.
13. Every day, I choose gratitude over complaint.
14. I am aligned with my highest purpose and vision.
15. I radiate confidence, positivity, and light.
16. I forgive myself and others to create inner peace.
17. I am constantly evolving into a better version of myself.
18. I trust my intuition to guide me wisely.
19. I attract opportunities that align with my goals.
20. I release fear and step fully into my power.
21. My body, mind, and soul are in perfect harmony.
22. I am patient with myself and my journey.
23. I celebrate my achievements, big and small.
24. I embrace change as a pathway to growth.
25. I choose thoughts that empower and uplift me.



- 26. I am worthy of love, respect, and joy.
- 27. Each moment is a new chance to begin again.
- 28. I create a life that feels good on the inside.
- 29. I nurture my dreams with consistent action.
- 30. I am open to receiving abundance in all forms.
- 31. My life is a reflection of my courage, love, and determination.