

108 Affirmations for Health and Healing

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Self-Love Affirmations

1. I love and appreciate myself exactly as I am.
2. I am loved and supported by the Universe.
3. I deserve the good in my life.
4. I accept and embrace all parts of me.
5. My heart is open to receive all the good life has to offer.
6. I love life and am open to all its glory.
7. The more I love myself, the more I can love others.
8. I am willing to open my heart more. There is always more love.
9. I am my priority. I take care of my needs fully.
10. I enjoy giving to myself. I give myself attention, time and love.
11. I am my first witness. I am here to watch me grow. I support all my endeavors.
12. I allow all of my emotions and express them appropriately.
13. I am my own best friend. I take time to listen and support myself.
14. I am worthy of love, ease and freedom. I know my value.
15. I accept and appreciate how I look in the mirror. I let go of all criticism and choose gratitude for my body.
16. I forgive myself for all my past mistakes. I focus on the lessons and let go.
17. I am constantly evolving. I choose to love my evolving self.
18. I choose joy in all that I do. I am willing to open up to joy.

19. I release all restrictions. I am free to be who I am.
20. I am powerful beyond measure. I allow my Divinity now.
21. I now discover how wonderful I am. I choose to enjoy myself exactly as I am.
22. I am a Divine expression of life. I am worthy of love.
23. I am here because Life chose me. There is a reason for my life. I now choose to see my value.
24. I choose laughter and ease. I move freely in life.
25. Answers come to me easily. I allow Divine guidance and inspiration.
26. I am loving and lovable. There is so much of me to love.
27. I allow myself to be exactly as I am. I allow others to be exactly as they are.

Physical Health Affirmations

28. My body is strong. It knows how to heal itself.
29. I am connected to Life and all its power. I allow my body to heal with this power.
30. My immune system is strong. I am free from illness.
31. I am not my body. I am the Soul. I choose to appreciate this body as a partner in life.
32. Every breath I take fills me with healing energy.
33. I am grateful for all parts of my body. I choose loving thoughts to help my body heal.
34. I talk softly to my body and listen to it fully. I know how to take care of my body.
35. Every cell in my body is vibrant and thriving.
36. I nourish my body with healthy foods and positive energy.
37. My body is healing, renewing, and becoming stronger each day.
38. I am worthy of feeling healthy, strong, and energized.
39. I trust my body's ability to heal and regenerate. It knows how to heal itself.
40. I allow energy to fully manifest through my body. I love feeling energized and active.

41. I focus on health and healing to support my body.
42. My body is my vessel in life. I accept and love it exactly as it is.
43. I breath easily and fully. Every breadth fills me with healing energy.
44. All of my body systems work effortlessly and harmoniously.
45. My bones are strong and healthy. They support my body effortlessly.
46. My joints are flexible and strong. I move joyously through life.
47. My body and energy are in balance.
48. I sleep easily and fully. I love resting my body to restore and heal.
49. My body is an electric being. I drink plenty of water to help it work.
50. I love to move my body and find joy in movements.
51. I am healthy and strong. I am healing every day.
52. My body is at peace with its environment. I am at peace with myself and the environment.
53. My body easily eliminates all waste.
54. I now let go of all pain and illness. I am healthy and free.
55. I focus on life as my body heals. I allow healing to unfold.

Gratitude Affirmations

56. I am thankful for everything I have in life.
57. There is always something to be thankful for. My life is a gift.
58. I am grateful for my body's strength and resilience.
59. I am thankful for my body's ability to move, breathe, and heal.
60. I rejoice in my health and focus on what's working.
61. I find things to be grateful for. The air I breathe and the water I drink. The Universe looks out for me.

HEART SHAPED SOL

62. I am grateful for all the smiles I see through the day. There is kindness in this world.
63. Mother Earth supports all life, including mine. I give thanks for its love and bounty.
64. I appreciate all the lessons I have learned and acknowledge my Soul's journey.
65. There is love in my life. I am lucky and loved.
66. I choose to focus on the positive and assume the best.
67. I am grateful for the present moment and all the joy it brings.
68. I find new reasons to be grateful every day.
69. I am thankful for the ability to create and manifest my dreams.
70. I am grateful for each new day and the chance it brings for new opportunities.
71. I joyfully express gratitude for the love I receive from my family and friends.
72. I lean in to all the beauty I see in this world. I allow myself to feel joy and gratitude.
73. I know that I am powerful beyond imagination. I appreciate all that I am.
74. I am grateful for my body exactly as it is.
75. I am grateful for my life exactly as it is.
76. My life is a gift and I am worthy of it. I choose to live my best life now.
77. I live my life in joy, freedom and gratitude.
78. I am grateful for every experience that has shaped who I am today.
79. I am thankful for my home, my family, and the safety I have.
80. I am thankful for the wisdom I've gained through life's experiences.
81. I let go of all distractions to find gratitude in my heart.
82. Every breath I take brings me life. I am thankful for my breath.
83. I feel joy and gratitude in my ability to find peace in the present moment.
84. Gratitude helps me raise and expand my energy. I choose to live in gratitude now.
85. I am thankful for the many blessings I have, both seen and unseen.

Surrender Affirmations

86. I am willing to make mistakes to learn and grow.
87. I release all fear and embrace peace within myself.
88. I let go of what I cannot control and trust the process of life.
89. I surrender to the flow of life and trust that everything is unfolding as it should.
90. I release the need for perfection and embrace the beauty of imperfection.
91. I choose to release anything that no longer serves me and make space for new growth.
92. I let go of all limiting beliefs and open myself to infinite possibilities.
93. I let go of the past and allow myself to move forward with ease and grace.
94. I surrender to my inner wisdom and trust myself to make the best choices.
95. I am not my mind, my emotions or my body. I know when to let go.
96. I let go of the need to control and allow myself to simply be.
97. I trust the process of life. I choose presence and peace.
98. I choose to let go of all blame. I allow peace.
99. Releasing judgement of myself and others allows more love to come in. I let go of all judgement now.
100. I choose to let go of thoughts and emotions that do not serve me. I know how to let go.
101. I let go of expectations and allow life to unfold naturally.
102. I am free from the burden of past hurts and allow healing to flow through me.
103. I surrender to the present moment and trust it holds everything I need.
104. I now release all resistance to peace and healing in my life.
105. I trust that everything is working out for me for my highest good. I trust life.
106. I allow my healing to take place in its own timing. I let go of all expectations.

HEART SHAPED SOL

107. I constantly surrender to let energy flow. I trust the flow of life.
108. My only job is to take care of my thoughts, emotions and actions. I surrender and choose joy now.