

Morning Affirmations

Ninety-nine futures to start the day you actually want, with audio, wallpapers and a printable edition

THE DAILY CUT

- 1 Today is mine.
- 2 One alarm. I'm up.
- 3 I decide how today feels.
- 4 I know exactly who I am.
- 5 I am exceptional.
- 6 I am a force of nature.
- 7 People feel it when I walk in.
- 8 I speak and people listen.
- 9 I trust myself completely.
- 10 My instincts are excellent.
- 11 My body is strong.



- 12 I am proud of who I am.
- 13 Yesterday doesn't get a vote today.
- 14 I am not selfish for wanting all of it.
- 15 I have a big, fulfilling life.
- 16 I am deeply loved.
- 17 My work makes people pay attention.
- 18 I land the biggest opportunities.
- 19 I have the money for everything I want.
- 20 My life keeps getting better.
- 21 Everything I want is on its way.
- 22 I run this day, start to finish.

SHORT I AM MORNING AFFIRMATIONS

- 23 I am incredible.
- 24 I am already more than enough.
- 25 I am whole.
- 26 My worth is already settled.



- 27 I am easy to love.
- 28 I am loved and I am wanted.
- 29 I have a brilliant mind.
- 30 I am powerful. I use it.
- 31 I am on my own side today.
- 32 I am a big deal.
- 33 I am everything I say I am.

MORNING AFFIRMATIONS FOR ANXIETY AND CALM

- 34 I breathe out longer than I breathe in.
- 35 I am calm.
- 36 I am steady all the way through.
- 37 I am cool and unbothered.
- 38 I am safe in myself.
- 39 Calm comes naturally to me.
- 40 I handle whatever today brings.
- 41 I can face anything.



- 42 I always know what to do next.
- 43 I am not fragile. I am unshakable.
- 44 Nothing today can take my calm.

MORNING AFFIRMATIONS FOR CONFIDENCE AND SELF-LOVE

- 45 I think highly of myself.
- 46 I love being me.
- 47 I am someone I deeply admire.
- 48 I am magnetic.
- 49 I keep my own word.
- 50 People are lucky to have me.
- 51 I am the one I count on.
- 52 I bet on myself.
- 53 I'd put money on me.
- 54 I'd still pick me on my worst day.
- 55 I would not trade places with anyone.

MORNING AFFIRMATIONS FOR POSITIVE ENERGY AND GRATITUDE

- 56 I have a beautiful life, and I know it.



- 57 My life is good right now.
- 58 My life is full of things I love.
- 59 I have the best people in my life.
- 60 I have more than I ever asked for.
- 61 I notice good things while they're happening.
- 62 Good things keep finding me.
- 63 I get good news all the time.
- 64 More good is coming. And more after that.
- 65 My life is better than I planned.
- 66 I love my life. I love being alive.

MORNING AFFIRMATIONS FOR WORK, FOCUS, AND SUCCESS

- 67 I wake up excited to do what I love.
- 68 I am the best in the world at what I do.
- 69 Nobody does this like I do.
- 70 My work belongs at the highest level.
- 71 I'm excellent at this. I always have been.



- 72 I do the hard thing first.
- 73 My attention goes where I send it.
- 74 I turn bold ideas into finished work.
- 75 I deliver every time.
- 76 I finish what I start.
- 77 My success has no ceiling.

MORNING AFFIRMATIONS FOR MONEY AND NEW OPPORTUNITIES

- 78 I am very wealthy.
- 79 My money is always growing.
- 80 I have more money than I need.
- 81 There is always money in my life.
- 82 I am not greedy. I am a master of scale.
- 83 I make the ask before I shrink it.
- 84 Big opportunities come straight to me.
- 85 I get picked for the big things.
- 86 People come to me with big offers.



87 The right people know my name.

88 I am financially independent.

SPIRITUAL MORNING AFFIRMATIONS FOR FAITH AND PURPOSE

89 I am here on purpose.

90 My life means something.

91 I belong in this life.

92 This world is better because I am here.

93 I am held.

94 Something bigger is with me.

95 I believe in more than I can see.

96 Something carried me this far.

97 I sit in the quiet and it steadies me.



98 I matter. I always have.

99 I am never alone.

How to practice

Read one out loud each morning, like you mean it. Pin these pages where your morning happens. When a future stops feeling new, move to the next.



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