

Affirmations for Women

Ninety-nine futures for women who are done shrinking, with audio

THE DAILY CUT

- 1 I am magnificent.
- 2 I am a remarkable woman.
- 3 I am not showing off. I am this good.
- 4 I am unforgettable.
- 5 I am powerful in every part of my life.
- 6 I call the shots.
- 7 I choose myself every single time.
- 8 I love my body.
- 9 I am gorgeous.
- 10 I am healthy and I feel good.
- 11 I set the pace.



- 12 I am adored.
- 13 People love being around me.
- 14 I am somebody's favorite person.
- 15 I call my best friend for no reason.
- 16 I am magnetic.
- 17 My life belongs to me.
- 18 My life has room for everything I want.
- 19 I let good things be easy.
- 20 My life is good, and more good things are coming.
- 21 I get to have all of it.
- 22 This is my life, and I love it.

I AM AFFIRMATIONS FOR WOMEN

- 23 I am, and that's the whole sentence.
- 24 I am the standard.
- 25 I am the prize. I stopped arguing about it.
- 26 I am rare, and I act like I know it.



- 27 There is no one like me. There never was.
- 28 I am extraordinary.
- 29 I am my own before I am anyone's.
- 30 I am unavailable for half-hearted anything.
- 31 I am done being grateful for the bare minimum.
- 32 I am the lead in my own life.
- 33 I am already her.

EMPOWERING AFFIRMATIONS FOR WOMEN

- 34 I am done making myself small.
- 35 I'm done hiding. I own the room.
- 36 I ask for exactly what I want.
- 37 I say hard things without hedging.
- 38 My no is the whole answer.
- 39 I don't change my answer to keep the peace.
- 40 I am powerful when I'm silent.
- 41 I don't owe anyone an explanation.



42 I take the compliment. I deserve it.

43 When I speak, people listen.

44 I am not too much. I never was.

BEAUTY AND BODY IMAGE AFFIRMATIONS

45 I am grateful for my body.

46 My body is strong.

47 My body is amazing.

48 My body is beautiful.

49 I control my body. My body does not control me.

50 Food does not control me.

51 I nourish my body with clean water and healthy foods.

52 I take care of my body.

53 I belong in every photo.

54 Getting older is something I get to do.

55 I am at home in this body.

LOVE AND RELATIONSHIP AFFIRMATIONS FOR WOMEN

56 I am loved well.



57 I am loved on the days I do nothing.

58 I am loved by people who stay.

59 Wanting love doesn't make me needy.

60 I love who I am.

61 I am loved by my soulmate.

62 I trust steady care. There is no catch.

63 It ended. I didn't.

64 I am deeply loved.

65 The love I want exists.

66 Being loved well is my normal.

AFFIRMATIONS FOR MOMS

67 I am a good mother.

68 My kids are safe with me.

69 My kids are lucky to have me.

70 I lose my temper. I'm still a good mother.

71 I am tired. I am not failing.



- 72 My mind is my own.
- 73 I want things for myself.
- 74 I still know my own name.
- 75 I miss my old life and love this one.
- 76 I trust myself as a mother.
- 77 I am proud of the mother I am.

POSITIVE AFFIRMATIONS FOR WOMEN AT WORK

- 78 I am the best in the world at what I do.
- 79 I wake up excited to do what I love.
- 80 I say what I know like I know it.
- 81 I come up with good ideas all the time.
- 82 I finish what I start.
- 83 My work is good on the days nobody says so.
- 84 Bigger opportunities keep finding me.
- 85 I am kind and in charge.
- 86 My career has no ceiling.



87 My ambition includes sleep and people I love.

88 I am more than my work.

FEMININE ENERGY AFFIRMATIONS

89 I breathe all the way out.

90 I receive without keeping score.

91 I am easy to love.

92 I am wanted.

93 I am a delight.

94 Every room is better with me in it.

95 I don't need a reason to enjoy my life.

96 My life gets to be this good.

97 Nothing I want is out of reach.



- 98 I wear the good perfume on a nothing day.
- 99 People are glad I exist. So am I.
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How to practice

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



[FUTURECASTAPP.COM/AFFIRMATIONS/WOMEN](https://futurecastapp.com/affirmations/women)

