



Ease.  
FLOW.  
Magic.

Affirmations for  
an Amazing Life

# What Are Affirmations?

Affirmations are statements of things you want to believe but don't. Things that aren't necessarily "true" at the moment but that you wish were. By affirming what you want to believe, you begin believing it. By affirming things you wish were true, they become true.

Why? Because, what you believe you will receive. It's law, the law of attraction.

This may sound too easy to actually work. But, trust me... it works. Creating change doesn't have to be difficult when you understand your own power and how life operates.

In 2011, I had no idea what affirmations were. The first one I stumbled across was Louise Hay's, "Life loves me." But back then, I didn't believe it was true. My life seemed to lack any evidence because I was deep in grief and my life hurt all over. Today, I know for sure, "Life loves me."

## Where to Start?

There's really no wrong way to use affirmations as long as you affirm what you want and **not** what you don't want. I started by writing what I wanted to believe out on sticky notes and putting them on my bathroom mirror...good thing I lived alone.

Then, I wrote out what I wish was true about my life in my planner each morning. It felt kinda weird, but I kept going because I wanted it all to be true.



With practice, using affirmations stopped feeling weird. In fact, they started making me feel a whole lot better. They made me feel so good that I had affirmations all around me and didn't care who saw them. Soon, I was saying them aloud and sometimes even singing them.

The more I wrote and spoke (or sang) my affirmations, the more amazing my life became. The things I wanted were coming true in the coolest of ways. I became a magnet for one good thing after another. As my beliefs changed, so did my life.

Why do I use affirmations? Because they work.  
Why should you use them? Because they'll work for you.

Don't think affirmations can make you a magnet for what you desire? Well, it's not me who will prove it... your own life will prove it when you use them consistently. Start a daily practice and watch what happens all around you.

I encourage you to do further research on your own. Google Louise Hay? Google law of attraction? Experiment to find what works for you. Maybe you use sticky notes? Write them in a journal? Chant them while driving? Add them to your vision board? Use them as your screensaver?

Relax and have fun. Below are some affirmations I've used to create Ease, Flow and Magic in my life. Use them. Tweak them. Make entirely new ones.

Whatever you do, affirm what you want and expect to receive it (or something better).



## One more thing...

Wherever you see the words “Life” or “The Universe,” I’m referring to the invisible and powerful energy doing all the work behind the scenes to deliver what we ask for.

What do you call it?

Find a word that resonates and feels good: God, Infinite Intelligence, Source Energy, Creator, The Divine, Spirit, All That Is, Hashem, Life, The Universe, etc.

It doesn’t really matter what you call it, pick a name and start affirming.



Here I am, awake and ready for this day.

I got this.

My life feels magical because it is.

Today, is the best day ever.

All day long, I will feel good.

I'm worthy of the things I want.

Only kind and helpful people cross my path.

Awe and wonder is at my every turn.

Everywhere I look, I see the good stuff.

I am the VIP of my own life.

Life loves to roll out the red carpet just for me.

I always know what to say and do.

I'm always at the right place at the right time.



The Universe leads the way.

Life loves to surprise and delight me.

Ease and flow is all I know.

Today, life does all the heavy lifting for me.

My one and only job is Joy.

I attract money from all directions.

I receive what I need easily.

Whatever I want, desire and need always flows to me.

My life is a fun adventure.

I'm here for the fun of living.

I have the answers before I ask the questions.

Clarity guides my every step.

Abundance is all around me.



All my days are easy and carefree.

I am calm.

I am healthy and stronger than anything around me.

All day long, I will float along.

I'm a magnet for the things I want.

I always have what I want and need.

The Universe sends what excites, surprises and delights me.

My life unfolds in ways for my highest good.

I see the best in every person I meet.

Each day feels better than yesterday.

Life loves me and I love me.

I need only desire and The Universe delivers.

Food is my friend.



My body responds quickly to my love for it.

Life is always working out for me.

My life is here to be enjoyed.

Peace is all around me.

Time is always moving in my favor.

Everyday is a vacation day.

I'm always led in the right direction.

Everything unfolds to please me.

The best opportunities always come.

Every goal I set is easily met.

The Universe has my back.

I am free.

Life always shows evidence of how much it loves me.





[www.Hastie.guru](http://www.Hastie.guru)

[www.Facebook.com/Hastie16](https://www.facebook.com/Hastie16)

[www.Instagram.com/Hastie16](https://www.instagram.com/Hastie16)

<https://www.tut.com/Humanity/trainers>

*Hastie*



**INFINITE POSSIBILITIES**  
CERTIFIED TRAINER