



101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

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*“I have come to this planet to learn
to love myself more, and to share that love
with all those around me”*

LOUISE HAY

Louise Hay dedicated her life to teaching people how to live a positive and empowered life, often with the aid of positive statements and beliefs, which she called affirmations. Louise taught that your point of power is always in the present moment, where you plant the mental seeds for creating new experiences. You're never stuck, for you can choose new thoughts and new ways of thinking. Your future can always be more positive, more loving and more prosperous. Think about how you'd like to live and what you'd like to accomplish as you read affirmations out loud.

We hope these positive affirmations by Louise Hay bring you comfort, prosperity, healing, and love in your life as they have in all of ours.

LET'S AFFIRM:



101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

*All is well in my
world. Everything is
working out for
my highest good.
Out of this situation
only good will come.
I am safe!*

**It's only a
thought, and
a thought can
be changed.**

*The point
of power is
always in
the present
moment.*

*Every thought
we think is
creating our
future.*

**I AM IN THE
PROCESS OF
POSITIVE
CHANGE.**

I am
comfortable
looking in the
mirror, saying,
I love you,
I really love
you.

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

**IT IS SAFE
TO LOOK
WITHIN.**

*I forgive
myself and
set myself
free.*

**As I say
yes to life,
life says yes
to me.**

**I NOW GO BEYOND
OTHER PEOPLE'S
FEARS AND
LIMITATIONS.**

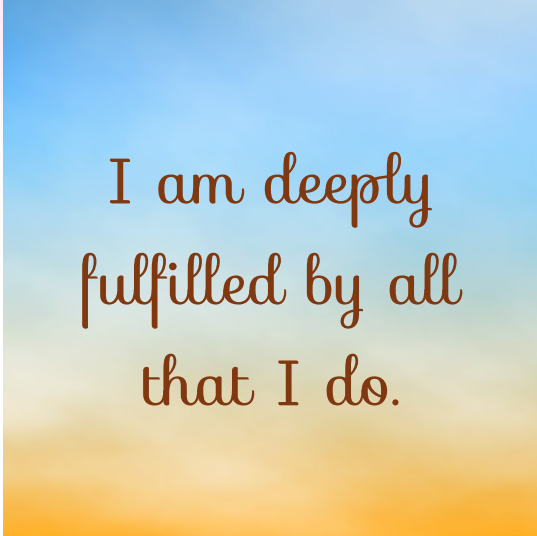
**I AM DIVINELY
GUIDED AND
PROTECTED AT
ALL TIMES.**

**I claim my
power and
move beyond
all limitations.**

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME



I trust the
process of life.



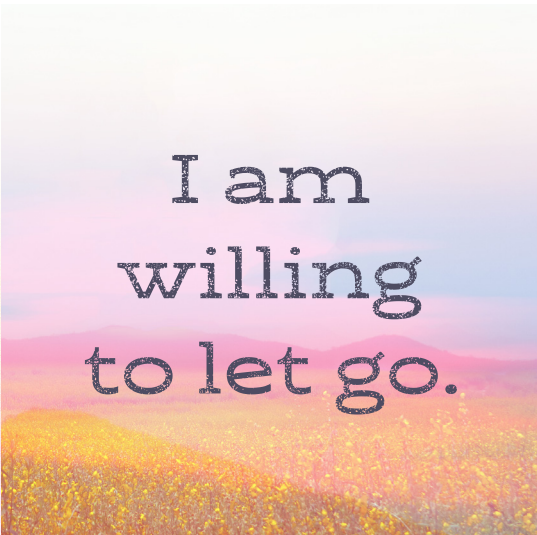
I am deeply
fulfilled by all
that I do.



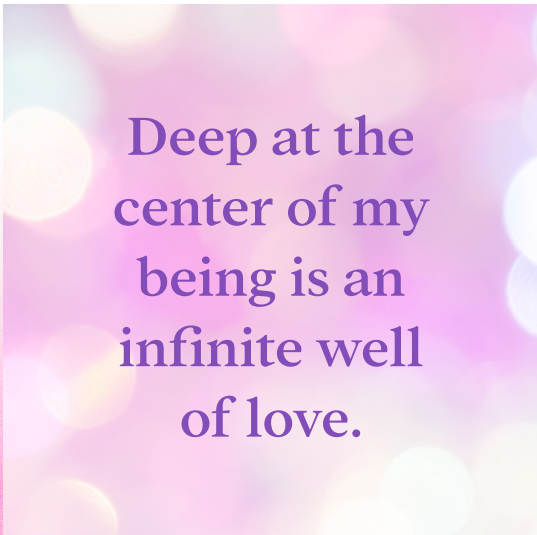
*We are all
family, and
the planet is
our home.*



As I forgive
myself, it
becomes easier
to forgive
others.

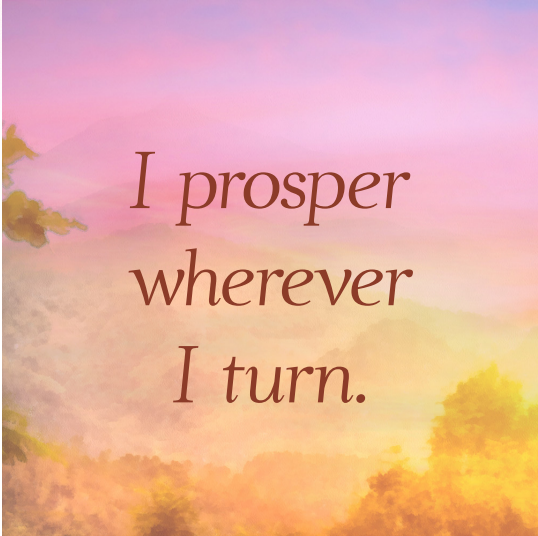


I am
willing
to let go.



Deep at the
center of my
being is an
infinite well
of love.

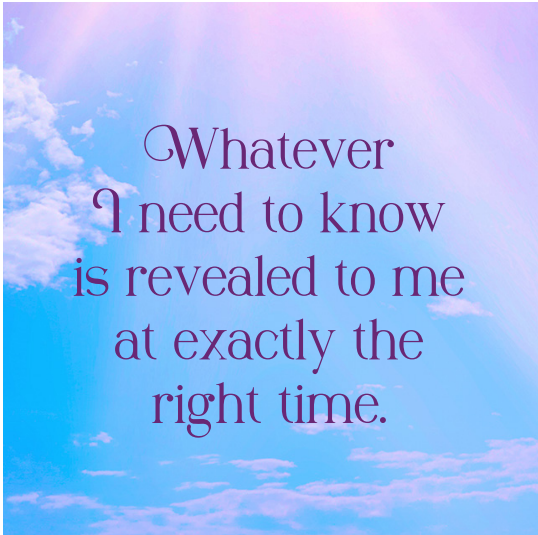
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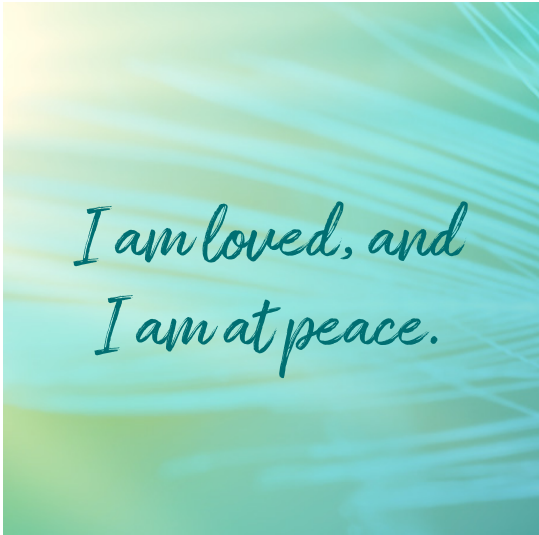
*I prosper
wherever
I turn.*



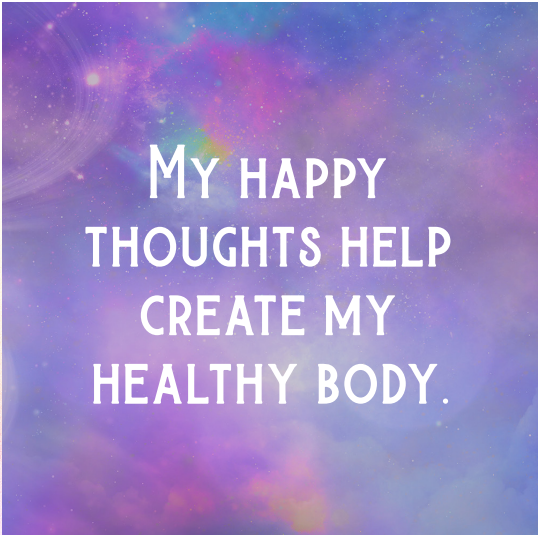
**I welcome
miracles into
my life.**



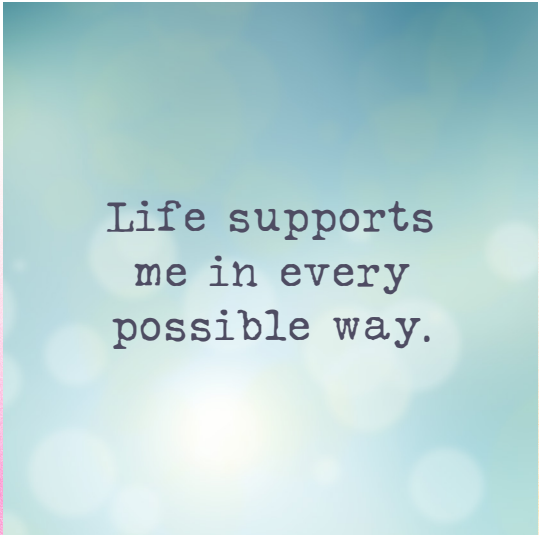
**Whatever
I need to know
is revealed to me
at exactly the
right time.**



*I am loved, and
I am at peace.*



**MY HAPPY
THOUGHTS HELP
CREATE MY
HEALTHY BODY.**



**Life supports
me in every
possible way.**

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

MY DAY
BEGINS AND
ENDS WITH
GRATITUDE.

*I listen
with love
to my body's
messages.*

The past is
over.

ONLY GOOD
CAN COME
TO ME.

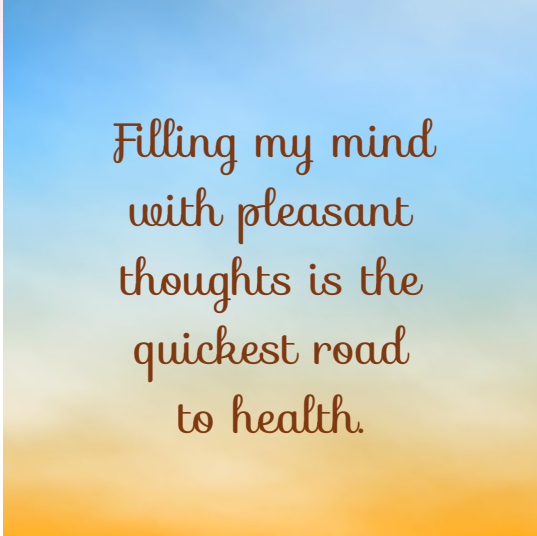
I AM BEAUTIFUL,
AND EVERYBODY
LOVES ME.

Everyone I
encounter
today has my
best interests
at heart.

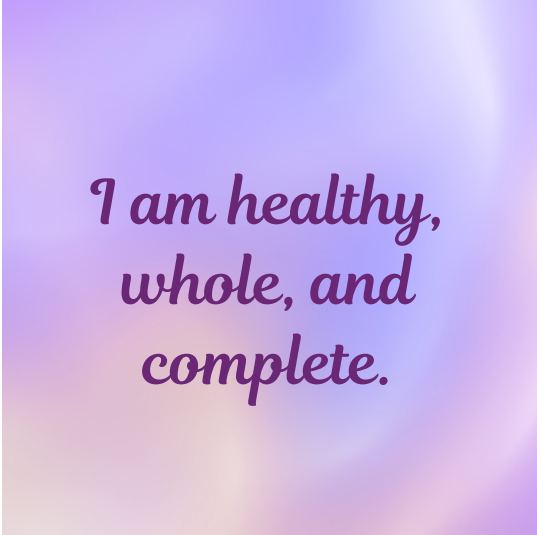
101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME



I always work
with and for
wonderful people.
I love my job.



Filling my mind
with pleasant
thoughts is the
quickest road
to health.



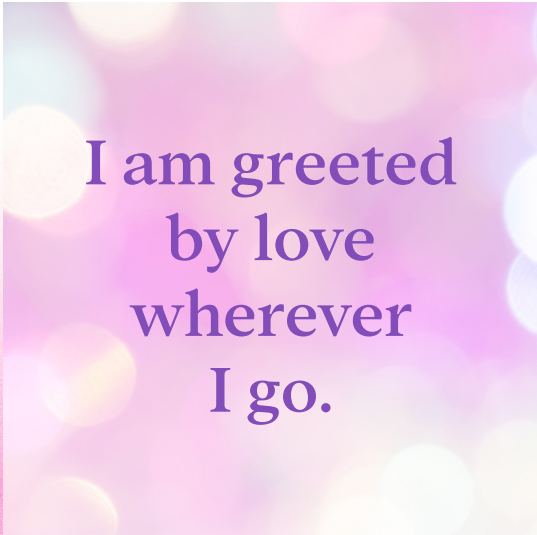
*I am healthy,
whole, and
complete.*



I am at
home in
my body.



I devote a
portion of my
time to helping
others. It is
good for my
own health.



I am greeted
by love
wherever
I go.

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

*Wellness is the
natural state of
my body. I am in
perfect health.*

**I am pain free
and totally in
sync with life.**

*I am very
thankful for all
the love in my
life. I find it
everywhere.*

*I know that old,
negative patterns no
longer limit me. I let
them go with ease.*

**IN THE INFINITY OF
LIFE WHERE I AM,
ALL IS PERFECT.
WHOLE. AND
COMPLETE.**

**I trust my
intuition.
I am willing to
listen to that
still, small
voice within.**

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

I AM WILLING
TO ASK FOR
HELP WHEN
I NEED IT.

*I forgive
myself for
not being
perfect.*

I honor
who I am.

I ATTRACT
ONLY HEALTHY
RELATIONSHIPS.
I AM ALWAYS
TREATED WELL.

I DO NOT
HAVE TO PROVE
MYSELF TO
ANYONE.

I come from the
loving space of
my heart, and
I know that love
opens all doors.

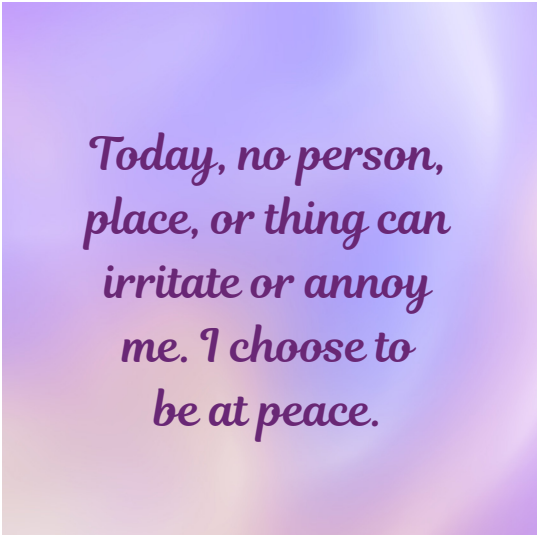
101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME



I am in
harmony with
nature.



I welcome
new ideas.



*Today, no person,
place, or thing can
irritate or annoy
me. I choose to
be at peace.*



I am safe in the
Universe and
All Life loves and
supports me.



I experience
love
wherever
I go.



I am willing
to change.

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

*I drink lots of
water to cleanse
my body and
mind.*

**I choose to
see clearly
with the eyes
of love.**

**I cross all
bridges with
joy and ease.**

*I release
all drama
from my life.*

**LOVING OTHERS IS
EASY WHEN
I LOVE AND ACCEPT
MYSELF.**

**I balance my
life between
work, rest,
and play.**

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

I RETURN TO THE
BASICS OF LIFE:
FORGIVENESS,
COURAGE,
GRATITUDE, LOVE,
AND HUMOR.

*I am in charge,
I now take
my own power
back.*

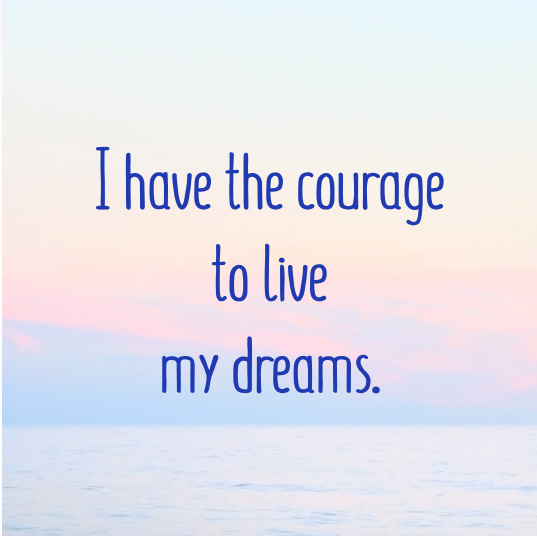
My body
appreciates
how I take
care of it.

**I SPEND TIME
WITH POSITIVE,
ENERGETIC PEOPLE.**

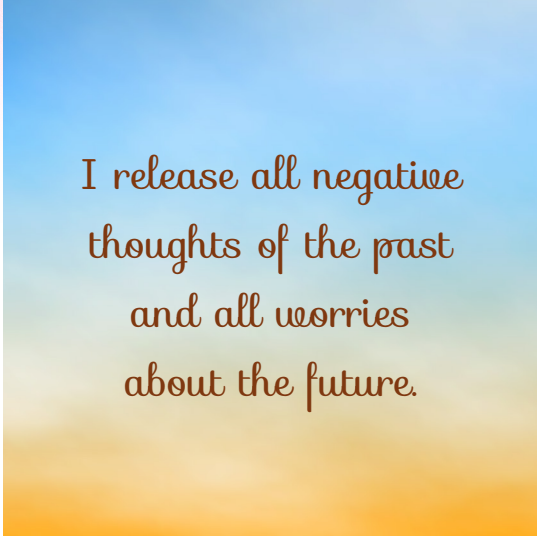
**THE MORE PEACEFUL
I AM INSIDE,
THE MORE PEACE
I HAVE TO SHARE
WITH OTHERS.**

**Today is a
sacred gift
from Life.**

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME



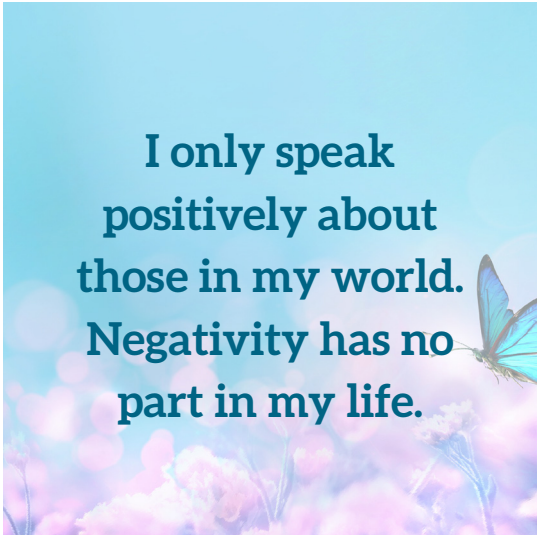
I have the courage
to live
my dreams.



I release all negative
thoughts of the past
and all worries
about the future.



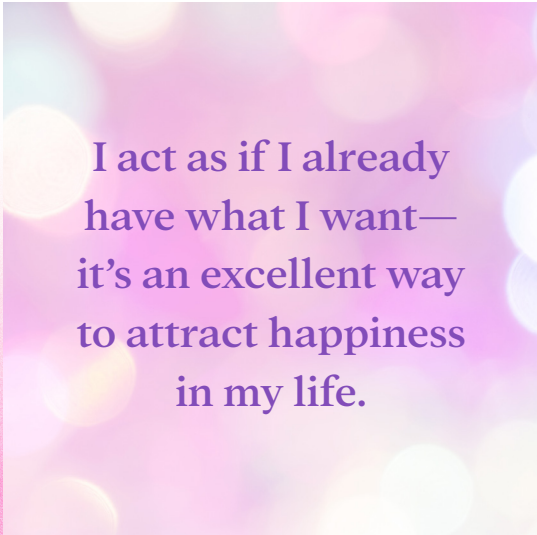
*I forgive everyone
in my past for all
perceived wrongs.
I release them
with love.*



I only speak
positively about
those in my world.
Negativity has no
part in my life.



We
are all
eternal
spirit.



I act as if I already
have what I want—
it's an excellent way
to attract happiness
in my life.

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

*I enjoy the
foods that are
best for my
body.*

**My life
gets better
all the time.**

*It is safe
for me to
speak up for
myself.*

*I live in the
paradise of my
own creation.*

**PERFECT HEALTH
IS MY DIVINE
RIGHT. AND I
CLAIM IT NOW.**

**I release
all
criticism.**

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

I AM ON
AN EVER-
CHANGING
JOURNEY.

*I am grateful
for my
healthy body.
I love life.*

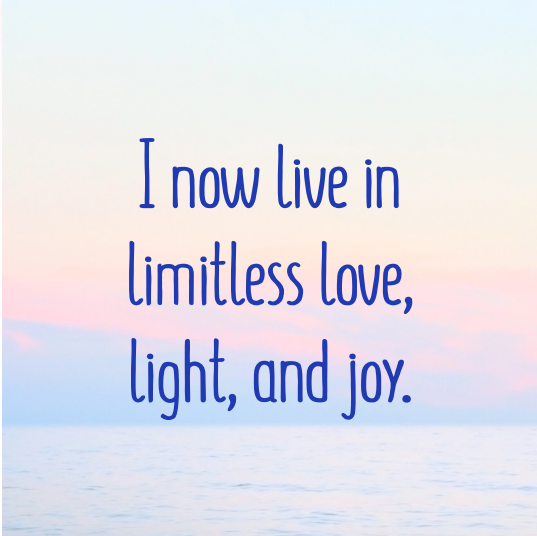
Love flows
through my
body, healing
all dis-ease.

MY INCOME IS
CONSTANTLY
INCREASING.

MY HEALING
IS ALREADY IN
PROCESS.

There is
always
more to
learn.

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME



I now live in
limitless love,
light, and joy.



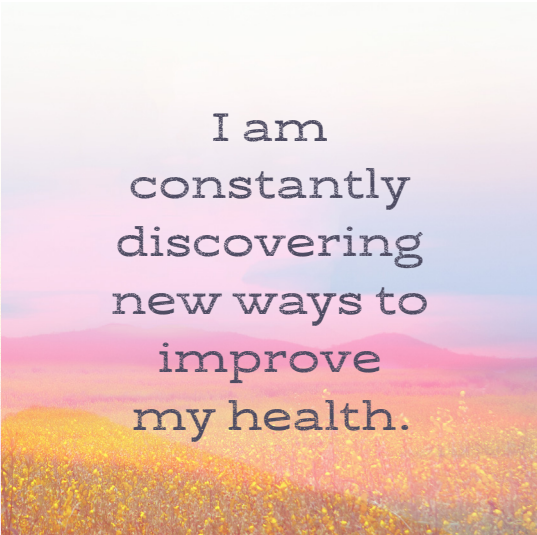
I become
more lovable
every day.



*It is now safe
for me to release
all of my childhood
traumas and
move into love.*



I deserve
all that
is good.



I am
constantly
discovering
new ways to
improve
my health.



Love
is all
there is!

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME



*My life
gets more
fabulous
every day.*



**Today I am
at peace.**



*Loving others
is easy when
I love and
accept myself.*



*I have the
perfect living
space.*



**I HAVE
COMPASSION
FOR ALL.**



**I trust the
Universe to help
me see the good
in everything
and in everyone.**

101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

I LOVE MY
FAMILY MEMBERS
JUST AS THEY ARE.
I DO NOT TRY TO
CHANGE ANYONE.

*There is plenty
for everyone,
and we bless and
prosper each other.*

I love and
approve of
myself.

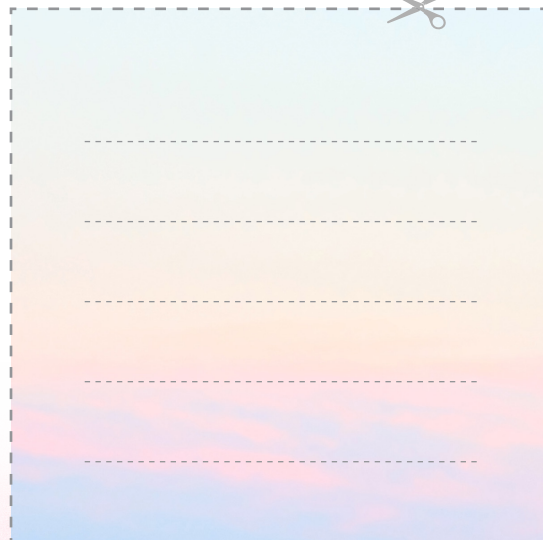
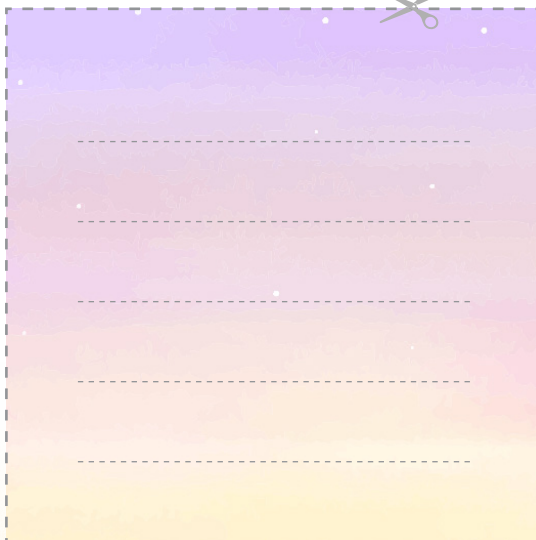
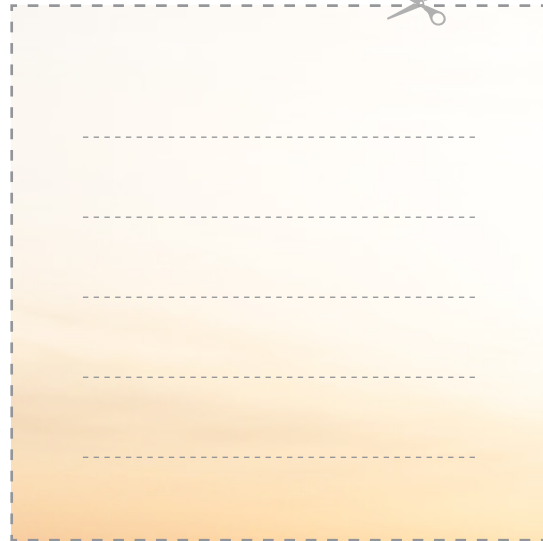
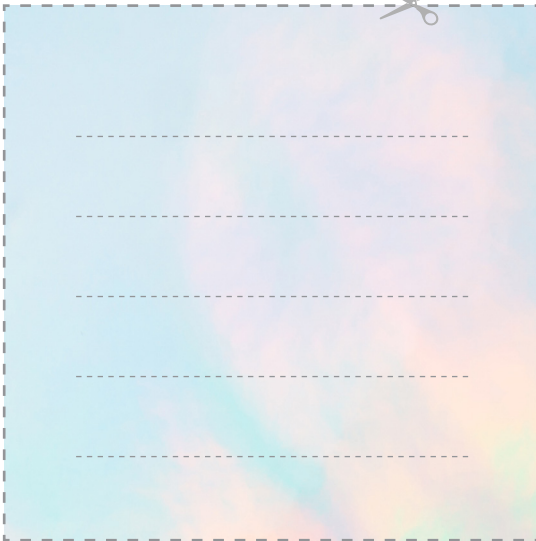
**LIFE IS GOOD,
AND SO IT IS!**

We hope that as you say your favorite daily affirmations you will see your life transform in more positive, more uplifting ways.

*As Louise famously taught,
you can heal your life!*

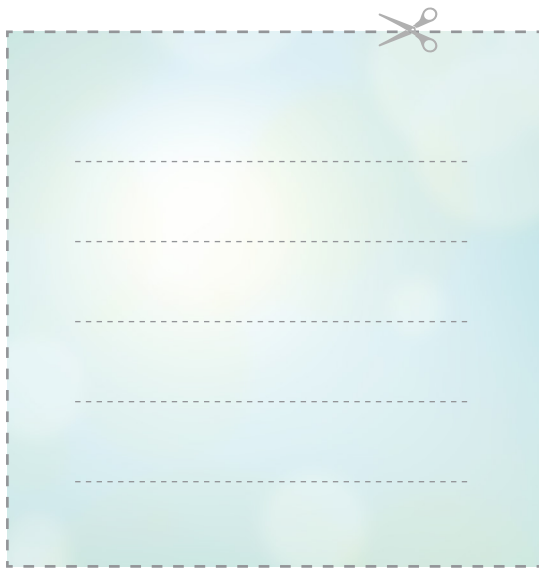
101 BEST LOUISE HAY AFFIRMATIONS OF ALL TIME

*Now create your own affirmations and
put them on your vision board!*

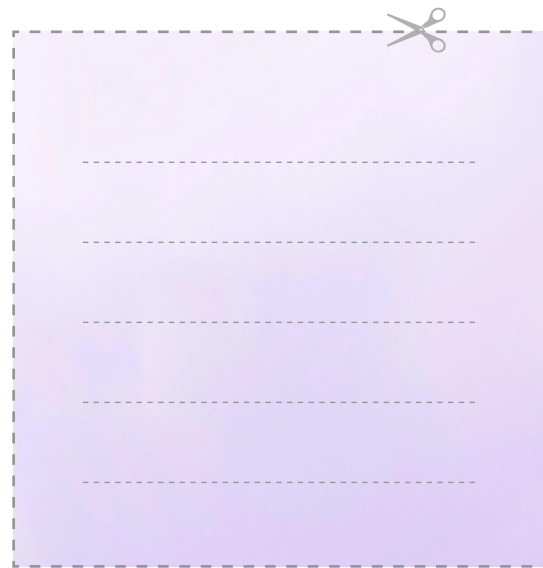


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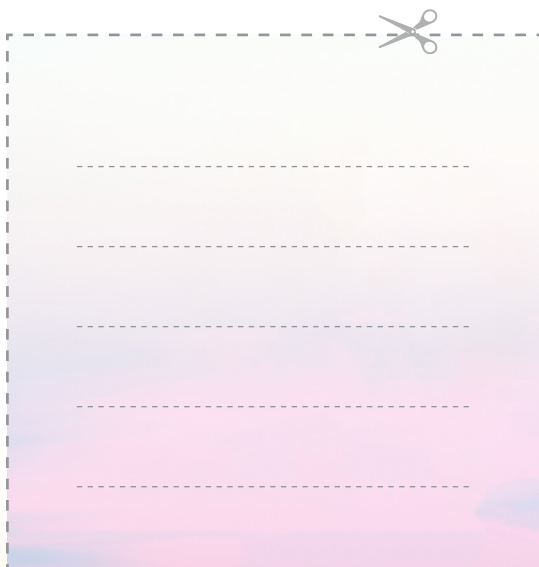
*Now create your own affirmations and
put them on your vision board!*



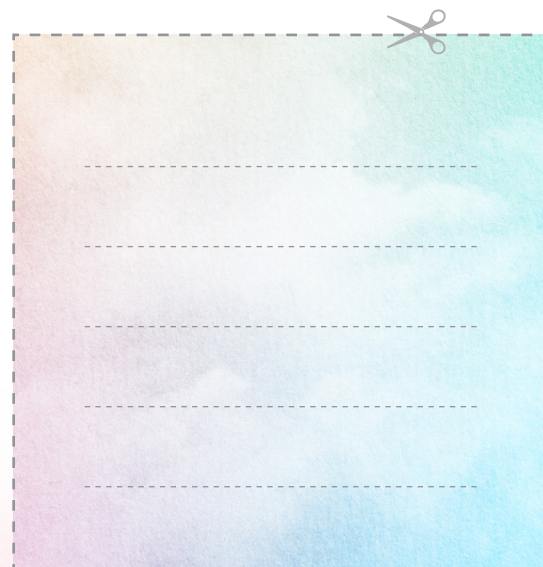
A rectangular template with a green-to-blue gradient background. It features five horizontal dashed lines for writing affirmations. A small scissors icon is positioned at the top center, indicating where to cut.



A rectangular template with a purple-to-pink gradient background. It features five horizontal dashed lines for writing affirmations. A small scissors icon is positioned at the top center, indicating where to cut.



A rectangular template with a pink-to-white gradient background. It features five horizontal dashed lines for writing affirmations. A small scissors icon is positioned at the top center, indicating where to cut.



A rectangular template with a blue-to-teal gradient background. It features five horizontal dashed lines for writing affirmations. A small scissors icon is positioned at the top center, indicating where to cut.