



List of Affirmations to Calm Fears

- I trust that life supports me. I am safe.
- I am safe. I trust the process of life to bring only good to me.
- I am always safe and protected.
- I trust the universe to provide all that I need.
- I release all fears. I am safe.
- I trust the process of life to take me to my higher good. I am safe. All is well.
- I am ably supported by the universe.
- Life will always provide for me. It is safe here. All is well.
- No person has any power over me. I am free.

List of Affirmations for Anxiety

- All is well in my world.
- I am always safe and guided by my higher self.
- I lovingly allow change into my life and trust in my higher good.
- I am lovingly supported by the power that created me.
- I invite peace and harmony to dwell in me and surround me at all times.
- I trust my inner voice. I am at peace.

List of Affirmations to Promote Peace and Relaxation

- Divine peace and harmony surround me and dwell within me.
- I am relaxed and peaceful because I trust the process of life. All is well in my world.
- I release, I relax and let go. All is well in my world.
- I am becoming calmer with every deep breath that I take
- I am calm and relaxed.



- I am at peace. I am calm. All is well.
- I relax completely for I now know I am safe. I trust life and I trust myself. I am cool, calm and collected.
- Every breath I inhale calms me and every breath I exhale takes away tension.
- I love myself deeply and unconditionally. Every cell in my body is relaxed and oozes calmness.
- As the wonderful, soothing energy of the Universe enters my body, I accept myself completely and deeply, without any reservations.
- I am confident about solving life's problems successfully.
- I am social and I like meeting people.
- All is well in my world and I am safe.
- With every breath, I release the anxiety within me and I become more and more calm.
- The future is good. I look towards it with hope and happiness.
- Life is wonderful. I trust in God/Universe to live a well fulfilled life.
- I overcome my fear of anything and everything and live life courageously.
- I acknowledge that the only constant in life is change and am prepared for it.
- I am free of anxiety and continue to do so.
- I am capable of protecting and caring for myself.

My best dreams are going to come true.