



100 Affirmations for a Better Life

1. *Breathing in I feel peace, breathing out I feel calm.*
2. *I am grateful for the gifts I have been given.*
3. *The Universe is working for my best and highest good.*
4. *My passion is my purpose.*
5. *I wrap myself in love and light.*
6. *My inner voice guides me well.*
7. *Miracles and magic are everywhere I am.*
8. *I see beauty all around me.*
9. *I am confident in my abilities.*
10. *I trust the feelings and sensations my body gives me.*
11. *I am at peace with my surroundings.*
12. *My history brought me to this point and time, and I am grateful for the lessons I've learned.*
13. *I love and respect myself.*
14. *My body and mind are strong and healthy.*
15. *I feel peaceful and at ease, because I am peaceful and at ease.*
16. *I give myself permission to succeed.*
17. *I am capable of accomplishing whatever I set my mind to.*
18. *I act upon the guidance I am receiving.*
19. *My intuition leads me to new opportunities.*
20. *My inner and outer beauty shine brightly.*
21. *I am enough.*
22. *I treat myself with kindness and compassion.*
23. *I am an inspiration to others.*
24. *I am in the right place at the right time.*
25. *I am ready to release the past.*
26. *The future is of my own creation.*
27. *I receive unexpected gifts and symbols of gratitude and abundance.*
28. *Those around me love and support me.*
29. *I choose to find the good in every situation.*

MINDSET
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MEDITATIONS



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30. *The world needs me.*
31. *I forgive myself for mistakes I have made.*
32. *I choose to love and be loved.*
33. *Fear reminds me to believe in myself and my abilities.*
34. *I am uplifted by the good in the world.*
35. *I follow through on all my commitments.*
36. *I am dedicated to expressing my true self.*
37. *Stress easily rolls off of me.*
38. *I am willing to see things differently.*
39. *I can handle anything that comes my way with grace and ease.*
40. *Because I exist I have value.*
41. *There is nobody else exactly like me.*
42. *I am unique and willingly share my talents.*
43. *I have the skills and abilities to reach my dreams.*
44. *My choices lead me to new and wonderful things.*
45. *Every day I discover more of who I truly am.*
46. *I am a divine being.*
47. *I choose to see my family as a gift.*
48. *Difficult relationships teach me where I need to grow.*
49. *I find the lessons in every experience I have.*
50. *My sleep is deep and restful.*
51. *I awaken with insight and clarity.*
52. *I choose which thoughts to think.*
53. *My thoughts create my future.*
54. *I engage in meaningful and rewarding work.*
55. *I positively impact the world around me.*
56. *I am dedicated to becoming my best self.*
57. *I honor myself and my dreams.*
58. *The Universe is unfolding for my benefit.*
59. *I let go of worries and trust that all shall be well.*
60. *I joyfully follow my dreams.*

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61. *I spend time doing things that make me feel good.*
62. *I release and let go of things that drain my energy.*
63. *It is ok for me to relax and let go.*
64. *Love and light fill my day and night.*
65. *It is safe for me to try new things.*
66. *I am abundant in all that I do.*
67. *Today is a wonderful day.*
68. *I have the courage to make the choices for my best and highest good.*
69. *Spending time in nature replenishes me.*
70. *The outside world is a reflection of my inner world.*
71. *I find the good in everyone I meet.*
72. *I am proud of what I have accomplished in my life.*
73. *There is so much for me to give to the world.*
74. *I am overflowing with joy and happiness.*
75. *I free myself from negative thoughts and beliefs.*
76. *Life rises up to meet my goals.*
77. *I am healthy in body, mind, and spirit.*
78. *I love myself and my body.*
79. *I tenderly witness my perceived imperfections.*
80. *I am gentle with myself.*
81. *I easily balance work and play.*
82. *I am inspired with new thoughts and ideas each day.*
83. *The world is alive with guidance in every form.*
84. *I focus my attention on what I want to feel.*
85. *I form my actions around who I want to be and what I want to experience.*
86. *Every day I step closer to who I am meant to become.*
87. *My authentic self will always lead me in the right direction.*
88. *I may not yet be where I want to be, but I know I will get there.*
89. *Nature supports my growth and development.*
90. *My gifts and talents are exactly what someone needs.*
91. *I am worthy of all things good.*



92. *I remember who I am.*
93. *I am a powerful creator in my life.*
94. *I believe in myself and the choices I make.*
95. *I am an amazing person with much to offer.*
96. *I can find my way, even in times of darkness.*
97. *I trust in the wisdom that brought me here.*
98. *The Universe is my loving partner.*
99. *I embrace all that I am.*
100. *I am completely whole.*

ABOUT **KRYSTI TURZNIK**

Krysti Turznik is an author, motivational speaker, and life coach. She holds a Masters Degree in Metaphysics, Bachelor of Science Degrees in Biology and Metaphysics, is an ordained minister, and a consulting hypnotist.

For nearly two decades she's helped people get out of their own way and live the life they were meant to live. Through mindset, motivation, and meditation she shows them how to create a life of miracles and magic where every day feels like a day at the beach.