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The
Successful
Woman's
Daily

*Affirmation
Handbook*

365 Affirmations for Attracting
Health, Wealth and Happiness

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Introduction

In his famous book, *The Strangest Secret*, Earl Nightingale stated, we are what we think. We become what we think about most of the time. He believed that if we only feed our mind with negative thoughts, we will experience life through a dark lens. He talked about how people who live with mostly negative thoughts focus their minds on problems rather than the opportunities before them.

Florence Scovel Shinn was best known for her first book, *The Game of Life and How to Play It*, which she first self-published in 1925. She explains to her readers numerous universal concepts that are as relevant today as they were nearly 100 years ago. These concepts include the law of expectancy, the divine pattern, the law of karma, the law of substitution, the power of words, the law of use, the law of forgiveness, the law of love, the law of use, and the law of nonresistance.

Understanding these laws allows us to better understand and comprehend why and how affirmations can, and do, work in our favor. While some of these concepts may be new to us, some of them have been popular in the mainstream for many years now, and we are most likely already somewhat familiar with them, the law of karma for example. Shinn teaches that the law of expectancy is created around the power of imagination. She emphasizes that our imagination and subconscious have the power to manifest things in our reality. Our expectation of the manifestation hastens the energy needed to bring its arrival.

The law of divine pattern helps us understand that we should always ask for the right circumstances in our lives, and not for specific people, places or things. This is because what we have in our mind as our

deepest desire at a particular time in our lives, may not actually be the right thing that will make us happy. Our goal is to identify, achieve and maintain the desired feeling (the emotional state) that we want to feel - (that we enjoy feeling) and know life will bring us the circumstances that perpetuate these emotions. Affirming and aligning with the right circumstances that support our highest interest always serves us to a greater extent than simply focusing on a specific object or end-goal in and of-itself.

Along these lines, we want to understand the role that the law of substitution plays as well. Many of us are not aware of what really makes us happy and satisfied, and may think we want certain things to help us feel happy, fulfilled, loved, satisfied, honored, accepted, etc... In reality, we are seeking those feelings themselves. We can feel truly satisfied with our goals, and life in general, once we realize it is the feelings we are seeking - not the external events themselves - and that we can create these emotions by using supportive self-talk to reprogram our belief systems to support our best selves. The law of substitution will bring us the people, places and things that match our sustained emotional set point, our job is to focus on the general feeling of having already achieved what we desire, and let the universe fill in the details.

Most of us are already somewhat familiar with the law of karma. In its most basic form it means that whatever we emanate and give to the world, is what we will receive. That is why this law is also called the law of cause and effect. When we radiate positive energy we will get positive results in return. This universal principle is the reason we never use affirmations to focus on bringing harm to another person or being.

The power of our words, thoughts and emotions is immense. We owe it to ourselves to commit to being careful in how we express ourselves and avoid dwelling on negative thoughts and avoid speaking

poorly about ourselves (out loud and in our mind). Negative words and thoughts have as big of a manifestation impact as positive ones so it is our job to choose mindfully.

In order to achieve what we want we must commit to choose our thoughts, the words we use, and our actions very carefully. Improving our vocabulary is one of the first steps we can take towards achieving vibrational alignment with our best selves. Once we are in a good place on vibrational non-resistance, we can then choose to take action on our positive thoughts. It's important that we take action only when our gut instinct tells us the time is right. Acting out of alignment will lead to unnecessary struggle, so allowing universal timing to work in our favor is the key to going with the flow of life, towards the direction of our desired goals. Allowing our gut instinct to help us know when to act often feels like following an intuitive pull, or following through with an idea that inspires a feeling of excitement or curiosity within us towards taking a certain action. It is important that we follow these intuitive urges to act on our positive intent.

Acting when the moment is right allows the universe to create synchronicities and coincidences that support the manifestation of our desired outcome. Sometimes our urge to act may not seem logical or like a "big deal" but will often lead to a cascade of actions or events that inevitably help support our ideal outcome. It is important to trust the process and know that universal principles will deliver to us the people, places and things that align with the lesson we have chosen to learn in this lifetime.

If we do not see immediate progress towards a goal it can mean a couple different things. We may need to wait for better timing, or we may need to learn more or discover some additional aspects about ourselves and our beliefs before we can move forward. Staying curious towards the

process helps us tune into the changes and shifts that are necessary for our growth. As we fine tune our understanding and utilization of the universal principles and laws that dictate our reality, we can begin to create a better reality for ourselves and achieve balance within the “square of life”. The square of life consists of the four focal points that make up our life: wealth, health, love and self-expression.

Unfortunately, many people today are not able to balance the main pillars of their life mainly because of mindset. The vast majority of modern humans have been taught to approach with a scarcity mindset - having been tricked into thinking there are insufficient resources available and that we need to compete with one another, rather than work cooperatively with one another - to thrive. Modern media platforms perpetuate the concept that "negative news sells," and provide themselves with justification to engage in fear mongering. Fear spreads like wild-fire. Many of us are carrying the wounds and beliefs of our ancestors who had to survive, rather than thrive. While the mindset of survival was, at one point, beneficial for us as a species - we are now in a new era. We are well-equipped to move past the concept of base survival. We owe it to ourselves, and to future generations, to move past the fearful scarcity mindset of the past and embrace the abundance mindset of the future.

When we commit to restructuring our belief systems to support the idea that there are abundant resources and that we are all born with the ability to flourish both financially and personally, in our own unique way, we open our lives to the possibility of achieving our wildest dreams.

We owe it to ourselves to take advantage of the fact that our minds are incredibly powerful and are capable of incredibly awesome things. Our job is to stand guard at the doors of our thoughts as the conscious observer, and nourish our mind with empowering thoughts and words.

This is where positive affirmations come into play as a tool for co-creating our future reality.

Understanding How Affirmations Work

Affirmations are suggestions and thoughts that we give to ourselves and can be either positive or negative. As we give ourselves these suggestions, we are feeding them into our subconscious mind, which is what ultimately helps to determine our mental attitude. When we feed positive thoughts and suggestions into our subconscious mind, we ultimately build a positive or optimistic mental attitude. If we constantly feed our subconscious with good, and happy ideas, our mind begins to accept these suggestions as reality because our subconscious is unable to differentiate between our imagination and reality.

When we consistently inject positive ideas into our subconscious, it will start to trust them as being the reality, and it starts to work producing similar thought patterns. When we begin to consciously choose thoughts that are positive, we start to become more optimistic about our life and the world around us. Our thoughts, after all, construct us. By thinking positively, we can empower ourselves and build a healthy mindset and a healthy frame of mind that is always thinking of growth, development, and new ideas.

A positive mindset gives us the strength and courage to believe in ourselves and follow our dreams. Positive mindset attracts positive opportunities. When we create a positive thought in our mind, the energy emanates out and starts drawing towards us helpful and constructive opportunities that can help us fulfill our goals. This is a part of how positive affirmations work, and why using them daily will gradually turn us into vibrantly positive individuals.

Why We Use Affirmations

Emile Coule was a renowned psychologist who popularized the practice of positive affirmations by providing the world with a powerful, effective tool to help people from all occupations actualize prosperity and success. Subsequently, various scientific and medical studies have been conducted to prove the effectiveness of affirmations and the benefits gained with daily practice.

These studies have successfully shown that affirmations are indeed incredibly beneficial and can help dramatically change our life for the better. One such study showed that students who used affirmations daily at the start of their school term were able to perform better compared to their counterparts who didn't use affirmations daily. Another study showed that daily positive affirmations help many people battle stress and the severe side effects associated with the condition.

Lisa Legault, a psychologist at Clarkson University, is an unwavering supporter of using positive affirmations. She believes that affirmations can help to significantly boost our self-esteem, resulting in improved performance in different aspects of life. Affirmations help to build a positive and feel-good frame of mind.

As we develop the habit of choosing positive thoughts to develop an optimistic mindset, we will find ourselves thinking positively more and more often. Over time, it will become second nature to use our positive mindset to counteract negative thoughts that might try to infiltrate our mind. This helps to build self-belief, which in turn shapes our self-confidence instilling the 'I can' mindset. When we start taking action, we eventually take charge of our goals and become successful in life. However, the effective use of affirmations to achieve success in every area of our life largely depends on some prerequisites. Let's go deeper into those now.

How to Make Affirmations Work for Us

Chemicals are how the brain communicates with our body. The chemical connections are created for each of the experiences in our life. When we repeat actions frequently, it helps to strengthen these neural connections. It is a constant reorganization process in our brain every time we take action. Our actions don't just have to be physical, they include our thoughts as well as our words. The more that we think, do, or speak something the stronger these neural pathways become. The challenge we face is that the majority of the more than 60,000 thoughts that cross our mind daily are negative, because our biological and survival instincts to hold on to beliefs, habits, and experiences that were bad. However, when we choose to think positively, we can alter our subconscious mind to break this tendency to fill our heads with negative thoughts and start focusing more on the positive things in our lives.

The power of thought and emotion already exist within us - our job is to cultivate this power. However, the issue often lies in the thoughts we continue to strengthen when we get sucked into, or follow, a negative narrative. To make affirmations work for us, it is important that we make a concerted effort to change our self-talk so that we can reinforce the feelings and emotions that we have inside that we want to bring to the forefront of our life. This means that saying the affirmations in the present tense, "I am," instead of "I want to be," or "I wish I were." When we change our thoughts to the present tense, it creates control over the pathways in our mind. It also opens doors for us to accomplish amazing things.

Scientific studies have proven time and again that adopting positive affirmations in our life can create powerful changes to our psyche. The daily practice of positive affirmations has been linked to better academic performance, better athletic performance, lower stress levels, better performance when tackling challenging tasks, and making healthier life

choices. No matter how or why we are looking to practice positive affirmations, there is evidence out there that it works well. So, how can we make the practice of daily affirmations work for us? The practice of incorporating positive affirmation into our daily life is a personal process and is something that we continue to tweak and develop if we want them to work for our life. This means that we can choose a positive affirmation that fits in our life, but we can also adjust it and change it so that it works better for our real life situations.

Journaling to Increase Affirmation Effectiveness

Let's cover some additional journaling techniques we can use to make the affirmation process work effectively for us:

- 1. Keep a journal with you at all times, and write down our thoughts. The action of writing helps to integrate thoughts more fully into our subconscious, much faster than if we were to type them out. Writing them down also makes them more intentional.*
- 2. Every time we notice that we are thinking of something negative about ourselves or our life, write it down in our journal.*
- 3. Below or next to the negative thought, rewrite it into something positive that negates the negative message. Make sure that we write it in the present tense and include the statement, "I am."*
- 4. Keep repeating this new thought in our minds for as long as we can.*

This process is meant to help us identify the negative commentary in our mind and also shed light on the times when these negative thoughts appear. If we have the time to record the day and time and a little bit about the situation that is leading to

negative thoughts, we can begin to identify patterns in our thoughts and actions. These "triggers" can end up leading to negative outcomes, or we can rewrite the connection to something that leads to a positive result.

When we rewrite our thoughts into positive affirmations, we want to be sure to form statements that we will actually remember. Each affirmation should directly address a limiting belief or problem and be short and simple.

It can also be extremely beneficial to incorporate creative visualization into the process. Creative visualization is a meditative thought process that enables us to manifest our most heartfelt desires, just by thinking about them. Using creative visualization along with our positive affirmations plays an essential role in attracting what we desire. With creative visualization, we can create a more loving and positive image of ourselves and our lives.

When we incorporate creative visualization into our affirmation practice, we need to take steps to relax and get into a peaceful, meditative state of mind. What works for one person may not work for the next, so we want to contemplate what works best for us. Begin by entering a state of total relaxation. This sets the stage for us to begin to sketch out the mental details about what we are trying to manifest in our life. Like with our positive affirmations, we have to be detailed and specific in what we want.

For example, we don't just want to think about getting a new car, we want to visualize driving in the actual vehicle that we desire. We need to imagine what that car looks like inside and out in every detail, what it smells like, and how we feel driving it. For the creative visualization process to work, we have to believe it will happen, just like when we are reciting our positive affirmations.

Practice will make our affirmations better. We don't need to strive for perfection, but instead we want to aim for a positive experience. If we wish to change our mindset and our current situation in life and start to live the life that we desire, positive affirmations can be an incredibly powerful tool to help us get there.

Chapter 1 - Physical Health Affirmations

Let's take a moment to imagine our perfect body. Physically vibrant, energized, glowing, capable, strong... We all have changes and improvements we would like to see and feel in our physical bodies, but we have to train ourselves to focus on our potential and play to our strengths - in order to align with the frequency of health that motivates us to consistently make choices that support our well-being. Attaining the state of health and well-being that we want physically begins with the decision we make to make a change in our lives. It deepens when we commit to consciously making small, sometimes seemingly insignificant, positive choices every day.

The combined effect of taking personal ownership of our health in addition to incorporating daily rituals that integrate seamlessly into our typical routine results in a shift in mindset that is often surprisingly powerful. After three weeks of consciously making the choice to take a specific action, the action develops into a habit. We discover that it begins to feel automatic to make better, healthier choices.

Just like with our physical health, we can strengthen our minds by nourishing them with activities that excite us, make us feel joyful, curious or energized. These activities can include spending time developing our skills and talents, reading books on topics that fascinate

us, spending time with friends that make us feel good, and seeking experiences that provide us opportunities for growth. Using affirmations regularly is one of the best ways we can strengthen our mindset to help maintain and improve our physical health.

Use the following affirmations by reading through all of them once a day, or choosing one affirmation to focus on and repeat throughout the day like a mantra:

1. *I love knowing I have the power to choose my thoughts.*
2. *Today I choose to acknowledge my power.*
3. *Today I choose to think thoughts that support me. I choose to be happy.*
4. *I choose to be full of joy and gratitude.*
5. *Today I know who I am. I am a powerful creator in an energetic Universe.*
6. *I enjoy nourishing healthy food to fuel my body well.*
7. *Today I choose to enjoy life in my healthy body.*
8. *My healthy body is created by my healthy thoughts.*
9. *My body is my temple.*
10. *I love enjoying good health.*
11. *My daily habits support my health and happiness*
12. *I celebrate the abundance of nourishing foods available to me.*
13. *I eat nutritious foods that give me energy and focus.*
14. *I am in control of the way I fuel my body, and I fuel my body lovingly.*
15. *I get plenty of restful and energizing sleep.*
16. *I make healthy choices and respect my body in every way.*
17. *The water I drink cleanses my body & supports my health in every way.*
18. *I love how it feels to be healthy.*
19. *I enjoy feeling a deep sense of well-being.*
20. *My body heals easily and quickly.*
21. *I enjoy the right amount of time to clear my mind.*
22. *I invest in the health of my mind and body.*
23. *My heart is healthy and strong.*
24. *My fitness and health are a priority.*
25. *I have abundant energy to live my life.*

26. *Living a healthy lifestyle is important to me.*
27. *I love my body. It takes me everywhere.*
28. *My body grows healthier and stronger every day.*
29. *I deserve to be healthy.*
30. *I am in control of my own health.*
31. *I feel great & I radiate an abundance of joy and gratitude.*
32. *I honor my body & surround myself with others who support me.*
33. *I trust the signals my body sends to me.*
34. *I feel good, my body feels good. I love radiating joy and vibrant energy.*
35. *I love enjoying my healthy body and healthy mind.*
36. *I am energetic and vigorous.*
37. *I now release all emotions and beliefs within me about other people, incidents, and everything else that no longer serves my highest interest.*
38. *My body is healthy, I am wealthy, and my mind is wise.*
39. *I am looking forward to a healthy future because I take care of my body now.*
40. *I am grateful for my healthy body.*
41. *Peace flows through my body, mind, and soul.*
42. *I enjoy life, and life supports me.*
43. *I am worthy of good health.*
44. *I look after my body with genuine compassion.*
45. *I do all that I can to keep my body healthy.*
46. *I have a strong, robust immune system & deal with bacteria & viruses easily.*
47. *My body feels comfortable, capable and strong.*
48. *My body heals itself, and I feel better every day.*
49. *I maintain my body weight effortlessly and easily every day.*
50. *I am completely in control of my health, wellness & healing.*
51. *I appreciate and adore my body, mind, and soul.*
52. *My skin is clear, glowing, and radiant.*
53. *I am capable of being able to maintain my perfect weight.*
54. *I now embody the most fit, healthy & energetic version of myself.*
55. *I enjoy 20-30 minutes of joyfully moving my body every day.*
56. *I feel enthusiastic, vibrant, and energetic every moment.*
57. *I enjoy eating balanced, nutritious, and healthy meals.*
58. *I have the full power to control my health and fitness.*

59. *I love to eat healthy food and exercise daily.*
60. *I now enjoy a vibrant mind, body, soul + enjoy glowing health.*
61. *I enjoy my daily exercise routine.*
62. *I am fit, active & healthy, and engage in regular exercise.*
63. *Each day I get closer and closer to my perfect weight.*
64. *I eat nutritious, energy-giving, balanced foods that benefit my body.*
65. *My body gets healthier, stronger, and more energetic everyday.*
66. *My body is my temple. I care for my temple lovingly and well.*
67. *I breathe deeply, knowing each breath nourishes my body.*
68. *My daily thoughts support my body as I embody good health.*
69. *I listen to my body and give my body what it needs.*
70. *I constantly feel wonderful, and my body heals rapidly.*
71. *I fill my mind with positive thoughts.*
72. *I use my body in ways that create positive emotions.*
73. *I often smile and stand up straight.*
74. *I release the past and relish the present moment.*
75. *I relax my jaw and keep my teeth separated slightly.*
76. *I relax my body often and let my body rest when it needs to.*
77. *I do things that are good for my body.*
78. *I feel incredibly healthy, and I love it.*
79. *I am strong + feel good about myself & how healthy I am.*
80. *I am at peace with my health.*
81. *My mind is brilliant, and my soul is tranquil.*
82. *I always sleep restfully and wake up feeling refreshed.*
83. *I love exercising daily + filling my body with healthy foods.*
84. *I am fit, energetic, attractive and healthy.*
85. *I am healthy and glowing, both inside and out.*
86. *I care for myself with joyful movement, nourishing foods & sleep.*
87. *I love, carefor & nurture my body & it cares back for me.*
88. *I am very beautiful, attractive and fit.*
89. *I am completely relaxed, enjoying peace of mind and serenity.*
90. *I create healing energy throughout my life.*
91. *I am capable of manifesting maximum strength and health.*

Chapter 2 - Wealth Affirmations

A wise man once said, money isn't everything, but it is right up there with oxygen. Whether we choose to acknowledge it or not, our relationship with money has a significant impact on our life. From how we attract it, earn it, spend it, save it, and invest it. If we have a negative relationship with money, we may find that our financial situation is in a constant state of disarray. No matter if we experience positive or negative emotions about money, there is no denying the important role it plays in our lives and the lives of those around us. If we are currently experiencing money blocks, we can use the following affirmations to help us develop an abundance mindset. As we read the affirmations, notice any resistance or triggers that come up and write them down. Stay curious.

Our goal is to think about how having more money in our lives will affect us in the best ways possible. Money comes to those people who have a prosperity mindset. Focusing on the benefits of money (rather than the lack of it) helps to strengthen our invisible money magnetism so that we consistently keep attracting an abundance of wealth into our lives. Read through all the affirmations at once, or pick one a day to focus on:

92. *Wealth pours into my life daily.*
93. *My bank account grows daily.*
94. *I have achieved financial security in my life.*
95. *More and more money is flowing to me daily.*
96. *Money is flowing to me in avalanches of abundance.*
97. *I am prosperous and I am worthy of money in my bank account.*
98. *All my dreams, goals, and desires are instantaneously met.*
99. *The Universe is on my side, and it is guiding me towards abundance.*
100. *I love money and all it can buy.*
101. *I feel grateful that my net worth increases substantially each year.*

102. *Idea for how to make more money come to me often.*
103. *I feel good about money.*
104. *I can do good things with the money I have.*
105. *I release all my negative thoughts about money and allow financial abundance to enter my life.*
106. *Opportunities to make more money come to me effortlessly.*
107. *I attract money with ease, and I now have more wealth than I ever thought possible.*
108. *I am wealthy, and I feel incredibly good about it.*
109. *I have a great relationship with money.*
110. *I am grateful for all the money that I have in my bank account.*
111. *Every day I am attracting more money into my life.*
112. *I attract money effortlessly.*
113. *I am a money magnet, and money will always be attracted to me.*
114. *I am not relaxing into greater prosperity.*
115. *I release all opposition to money.*
116. *I deserve to have a ton of money in my bank account.*
117. *Idea for making money are freely entering my life.*
118. *Abundance is all around me, and I feel gracious about it.*
119. *Being wealthy is my natural state of being.*
120. *The Universe is helping me attract money into my life daily.*
121. *I am prosperous, and I am grateful for all the good things in my life.*
122. *It is very easy for me to make more money.*
123. *I am a natural born money maker.*
124. *I am ready and willing to receive more money now.*
125. *My income substantially increases every year.*
126. *Attracting money is easy for me.*
127. *Financial success is my birthright.*
128. *Thank you Universe for all the prosperity in my life.*
129. *I am the creator of my life.*
130. *I have always been destined to become wealthy.*
131. *I find daily opportunities in my life to create prosperity and abundance.*
132. *I am grateful I get to live in prosperity.*
133. *I now live in abundance.*

134. *Money comes to me with ease.*
135. *I see unlimited opportunities for creating more wealth in my life.*
136. *I feel grateful for the money I have.*
137. *Being wealthy and having a lot of money affords me the opportunity to make the world a better place.*
138. *It feels fantastic to have a lot of money.*
139. *The Universe responds to my prosperity mindset by providing me with more opportunities to make money with ease.*
140. *I send good money vibes to the Universe.*
141. *I'm a money magnet that attracts money from all kinds of places.*
142. *I am abundant every day, in every way.*
143. *I am gracious for all the prosperity I receive every day.*
144. *My money multiplies because I pay myself first.*
145. *I am constantly connected to more ways to attract & receive money.*
146. *I love my connection to abundance.*
147. *My money allows me to help more people.*
148. *My money allows me to spend more time with my loved ones.*
149. *My money allows me to have more wonderful experiences.*
150. *I receive all the money necessary for me to do the things I desire.*
151. *I love my money and all the things that it lets me accomplish.*
152. *I deserve my wealth and deserve to live my life in abundance.*
153. *I continuously have a substantial surplus of money at the end of every day, week, month and year. I enjoy an overflow of cash.*
154. *I continually learn from others who live in financial abundance.*
155. *My actions create a lot of value for others.*
156. *I know my worth and my value allows me to share my gifts with the world.*
157. *I allow my money to work for me.*
158. *I am a great money manager.*
159. *I am grateful to the Universe for providing me ways to make lots of money.*
160. *My financial reality is in my total control.*
161. *Money is my servant and works for me well.*
162. *I have everything that I need to create financial abundance in my life.*
163. *There is a surplus of money in circulation, enough for my prosperous life.*
164. *I trust the Universe always meets my needs.*

165. *I enjoy managing my money well. I am the master of my money.*
166. *I am a millionaire. I think like a millionaire, I act like a millionaire.*
167. *I am now allowing wealth to enter my life. I allow prosperity now.*
168. *I am fully receptive to all the wealth that life offers me.*
169. *My success is important and inevitable. I let the Universe fill in the details.*
170. *My dreams are evolving and continue to manifest.*
171. *I create wealth; therefore I am always wealthy.*
172. *I expect success in all of my endeavors & allow success to be natural.*
173. *I am able to learn from challenges & mistakes with deep meaning & ease.*
174. *Money comes to me in an easy and effortless way.*
175. *I align myself with the energy of wealth and abundance.*
176. *I use my money to better my life and the lives of those around me.*
177. *Money creates a positive impact on my life.*
178. *I allow my wealth to expand, and I live in comfort and joy every day.*
179. *I am able to make a ton of money doing what I love & am fully supported in all my ventures.*
180. *I think positive money thoughts daily.*
181. *I have plenty of money for needs and wants & take care of others well..*
182. *By living my purpose, I attract abundance in my life.*

Chapter 3 - Happiness Affirmations

Happiness is a state of contentment and well-being. The first step that we need to take to become happy is to change our thoughts. Affirmations are a great tool for this because they can help to replace the limiting beliefs that we hold with more empowering ones. It is important to note that we don't want to try to force the negative thoughts to disappear, but rather we need to learn how to become aware of the

thoughts and accept them without putting any judgment on them. By being mindful and present, we will start to find that the negative thoughts will slowly begin to fade into the background.

Many people around the world are looking for happiness in big things or events, when in fact there is often more power in extracting happiness from common experiences. You don't want to wait to be happy, especially if we can choose to be happy right here and now. Also, it is vital to remember that our physiology is an incredibly important piece for feeling happy. You will never feel happy if we succumb to a victim mindset that tells us life is happening "to us". In reality, we have the ability to "tune" our frequency, our vibration, and emotional and mental state.

We must be aware of the fact that our mental and emotional state attracts situations via people, places and situations that mirror us. When we walk into a room with a smile on our face, rest assured that people will smile back. Walk into a room growing, and most people will either avoid us or meet our grumpy demeanor. When we lift our head up and put a smile on our face, we will feel a lot better, and it will be much easier to develop a positive mindset.

We are reinforcing our ability to choose to use our body in a positive way when we read, and repeat, the following affirmations.

183. Everyday, in every way, I'm experiencing joy & happiness in my life.

184. Happiness is my natural state of being.

185. I allow the right circumstances for happiness to unfold in my life today.

186. As I enjoy happiness today, I help others enjoy happiness too.

187. I am grateful for all the happy feelings that follow me everywhere I go.

188. I spread happiness to others & absorb happiness from others in return.

189. I feel happy and appreciative for so many things in my life.

190. Being happy comes naturally to me.

191. I now choose to feel appreciation for every moment of every day.

192. My future is bright, and I feel awesome appreciation for it.

193. *It's fun and easy for me to think consistent, uplifting thoughts.*
194. *I feel grateful for fresh air, clean water and the ability to nourish my body.*
195. *Today I acknowledge that life supports me & connects me to all I need.*
196. *Today, and everyday, I am enjoying a state of immense happiness.*
197. *Today, I joyfully give & happily receive, so many good things.*
198. *The world is a better and happier place because I am alive.*
199. *I am an unstoppable force for good.*
200. *I trust myself because my inner wisdom knows the truth & guides me.*
201. *I breathe in happiness with each breath that I take.*
202. *I wake up feeling grateful for this life and full of joy.*
203. *I embrace happiness as the life of my dreams unfolds moment by moment.*
204. *I am always improving and learning new things that make me happy.*
205. *I am present and feel tremendous joy at this moment.*
206. *I can shift into a positive perspective, in each moment of the day.*
207. *I am a positive person with incredible gifts to share with the world.*
208. *I am the creator of my days & I chose to create happiness & joy.*
209. *I choose to make my life a masterpiece worth remembering.*
210. *I feel alive, and the world around me feels new and fresh.*
211. *Life is wonderful, and I love living.*
212. *There are endless opportunities for me to experience joy & happiness.*
213. *I transform any obstacle into abundant opportunities.*
214. *I am eternally grateful for the abundance in my life.*
215. *I am open to accepting new journeys and beginnings in my life.*
216. *Every minute I appreciate the completeness of my journey and realize greater happiness, peace, and joy.*
217. *The small joys in life add happiness to my days as I savor mindfully.*
218. *I respect everything and everyone around me & perform even the smallest actions with happiness, love, and joy.*
219. *I am strong, creative, & happy.*
220. *I value inner peace and realize that being myself is completely acceptable. I live with my truth, and my happiness is as much within me as it is outside me.*
221. *I am appreciating my life & the people who have made it worth living.*
222. *Happy thoughts and circumstances are drawn to me naturally.*
223. *I am happy performing random acts of kindness, compassion & love. My*

acts of love attract more love and happiness into my life.

224. I am loving, compassionate, happy, and kind.

225. I am truly grateful and appreciative for everything I have, including love, happiness, joy, and compassion for others.

226. I feel a complete sense of joy, love, and happiness in the moment and exude that energy throughout the day.

227. I feel gorgeous inside and out while defining my own sense of beauty through positive energy, abundant love, and happiness.

228. My abundance of love, happiness, and positive energy allows me to step into the day and accomplish everything that I set my mind to.

229. I allow myself to experience the goodness that surrounds me and retain positive energy that flows throughout the day to nourish my body, mind, and soul.

230. Happiness is my birthright. I choose to attract happiness to my life, and I deserve to be truly joyful and happy in everything I set out to do.

231. Today is the day for new beginnings, and I welcome the day with refreshed eyes and a rejuvenated mind.

232. Abundance is flowing throughout my day, and I possess all the love, happiness, enthusiasm, creativity, and energy to make my day special.

233. Each moment that I am alive, I become happier with my life.

234. Each cell in my body pulsates with happiness, joy, positivity & abundance.

235. I am happier now than I have ever been.

236. Happiness is something that is contagious. I spread happiness to others, which brings happiness back to me tenfold.

237. My happiness helps the people in my life feel happier.

238. My happy attitude attracts other happiness into my life.

239. I am immensely grateful for my wonderful life and everyone who has made my life worth living.

240. I am happy as I make progress toward reaching my goals.

241. I focus more on my present happiness than the mistakes from my past.

242. I can pick myself up and lift my own spirits.

243. I feel a tremendous sense of happiness and peace within myself.

244. I am a positive person and choose to have a positive view of life.

245. I am ready to handle what comes my way with happiness & positivity.

246. *I am happy, healthy and strong.*
247. *Every morning I wake up feeling happy about my life and my future.*
248. *I approach life with a sense of humor & love to laugh with others.*
249. *As I think happy thoughts my life brightens and lightens.*
250. *Being happy is a top priority in my life and I give myself permission to practice happiness every day.*
251. *I allow myself to fully enjoy the moments that I make up my life.*
252. *I'm always allowing new avenues of happiness & laughter into my life.*
253. *I am always able to find a reason to smile every day.*
254. *I am now completely at peace with the choices that I make in my life.*
255. *I now exude joy and friendliness towards other people when I smile.*
256. *I spread happiness everywhere I go.*
257. *I commit to developing the highest possible level of happiness in life.*
258. *My life is constantly overflowing with happiness and joy.*
259. *I progress joyfully toward all my goals and dreams.*
260. *I feel happy as I continue to do satisfying things with my life.*
261. *I am worthy of love and happiness.*
262. *I welcome happiness and joy into my life.*
263. *I am happy because I live my life fully every day.*
264. *I rest in complete bliss and happiness every time I go to sleep because I know everything is fine in my Universe.*
265. *I am the most content and happiest person on this planet.*
266. *I love knowing happiness originates from within me as I live every moment to the fullest.*
267. *The possibilities that life presents me with are infinite.*
268. *I float happily and in a content manner within my world.*
269. *I choose to live a happy, peaceful, and balanced life.*
270. *I find joy, happiness, and pleasure in the tiniest of things.*
271. *I can tap into my internal spring of happiness anytime I want and let out a flow of joy, pleasure, happiness, and well-being.*
272. *I look around and smile, I love noticing joy all around me.*
273. *My happiness soars and expands each day.*
274. *Today, I wear a happy smile on my face as a sense of gratitude fills my heart for all the wonderful moments that continue to unfold.*

Chapter 4 - Success Affirmations

What does success mean? At the societal level, wealth and influence are accepted as the standard indicators of success, and in many ways it is easy to see why. This is because it is easy to keep score of money and it tends to result in the visual display of what one can buy with money. However, we want to take it a step further and embody the emotional state of feeling you have enough, you are enough and you are supported. We have first to define emotionally what success feels like to us. We do not have to conform to society's definition of success. Instead, success is defined as what makes us feel GOOD, satisfied, fulfilled, in the flow. Sometimes we have to tune the outer world out, in order to listen to the signs our inner being is giving us to guide us toward our best destiny. With time and practice, we get better at listening to our inner guidance system, and following through with small daily actions that take us towards achieving our meaningful goals. While many of our inspired actions may seem like they are small. These small steps make up the journey through which our long-term dreams come to fruition. It is important to celebrate the small things in our life, as celebrating will help us stay in the mindset of appreciation. The state of appreciation attracts more circumstances to appreciate.

Repeating affirmations for success on a daily basis will help inspire within you the emotions and thoughts that align with a successful mindset. A successful mindset is one that contains empowering and positive beliefs about all aspects of our life. It has been said before that people fear success more than failure. Our goal is to examine the beliefs that pop-up for us as we begin to adopt a success-based mindset. We will want to dismantle old beliefs that no longer serve our best interest.

Without neutralizing our old limited beliefs, it can be difficult to achieve the mindset of an extraordinarily successful life. Curiosity is your ally in this process. Read through the following affirmations knowing they are they key to helping you overcome any mental blocks that might be holding you back from your dreams.

Notice any resistance that comes up as you read through. If you feel triggered, anxious, angry or emotional know that you have just uncovered an emotional gold mine. Write down the emotions and what they mean to you. Examine the beliefs that lay just beneath the surface of the emotions. You can begin to restructure the beliefs that no longer serve you by acknowledging which old beliefs not longer make sense to the new, successful version of you. When a old stagnant belief no longer makes sense to you, know that you are FREE of its influence and that you can now choose to replace it with a healthy supportive belief about yourself and your life. Use the affirmations listed here to help you establish a strong, positive inner voice.

275. I do things everyday that I focus on with satisfaction.

276. I have the potential, power, and ability to create all the success, prosperity and abundance that I desire.

277. I know release all mental resistance and feel receptive and worthy of all the new and exciting possibilities before me.

278. I am worthy, deserving and open to all the good that life has to offer.

279. I am thankful for the abilities, talents & skills that contribute to my unfolding success.

280. The Universe is filled with unlimited possibilities & opportunities for me to do the work I love while getting paid generously.

281. I am open-minded & eager to fully explore new avenues & possibilities for success in my life.

282. I recognize each and every opportunity that knocks on my door & I seize each one with perfect timing.

283. *Each day I discover exciting, new paths to travel.*
284. *I see and experience prosperity everywhere I look.*
285. *I love my work. It is fulfilling, rewarding, gratifying and a part of my journey toward greater self-evolution.*
286. *My ambition is in harmony with my personal & professional values.*
287. *I work with passionate, inspiring, fascinating, enthusiastic people who share my zest for work and success.*
288. *By creating success for myself, I am also creating an abundance of opportunities for the success of others.*
289. *I feel positive, powerful, confident, and calm as I take on new challenges.*
290. *I attract powerful and successful people who understand, motivate, and inspire me daily.*
291. *I celebrate every goal I accomplish with thankfulness, happiness, and joy.*
292. *The more successful I become, the more powerful and confident I feel in all areas of my life.*
293. *I attract the perfect circumstances at the perfect time and I'm always in the right place at the right time.*
294. *I am grateful for all the success that is constantly flowing into my life.*
295. *I trust my intuition to guide my decisions for my highest good.*
296. *I stay focused on my vision & approach each day with zeal & passion.*
297. *Each day is filled with an abundance of possibilities & ideas that inspire me.*
298. *Success comes effortlessly & easily to me. I excel in all that I do.*
299. *I take pride in my ability to make worthy contributions to society.*
300. *I expect positive results and, as a result, I attract them to me.*
301. *I attract powerful and brilliant mentors who generously share their wisdom, knowledge & ideas with me.*
302. *As I allow success and abundance in my life, even more doors to opportunity and success open up for me.*
303. *I set exciting goals for myself, and I am able make progress daily.*
304. *I have an inexhaustible supply of fabulous new ideas that help me become a more successful person with each passing day.*
305. *I am constantly creating a life of success, happiness, and abundance.*
306. *I love who I am and I attract people who respect me & collaborate well.*
307. *By being an inspiring, positive, and powerful influence to those around*

me, I am making the world a better place for everyone to live.

308. I dream and think big, which always brings me success.

309. Each day I wake up receptive to success, prosperity, and abundance in body, mind, and spirit.

310. I am truly grateful for the success I've achieved and the abundance and financial prosperity I enjoy every day.

311. I am enthusiastic & passionate about being more successful in my life.

312. The Universe is always helping me accomplish all my goals & desires.

313. My dreams always manifest right before my eyes.

314. The Universe's wealth is always circulating through my life & bringing me avalanches of prosperity and success.

315. I am driven, motivated and inspired by my life's goals each day.

316. I have the full power to lift myself and my spirits up whenever I desire.

317. I find it easy and effortless to be optimistic every day.

318. Success is naturally and effortlessly drawn to me in all areas of my life.

319. My affirmations for prosperity, success & joy always attract results.

320. Other people are motivated and driven by my success.

321. I am decisive as all my actions lead to success, prosperity & happiness.

322. It is easy for me to achieve all my goals in life.

323. The Universe is my friend & helps me accomplish all my dreams, desires & goals with joy and ease.

324. Other people are attracted to me because I am happy and successful.

325. I progress towards enhancing all the aspects of my life.

326. I am embodying my vision of success in every way.

327. I wholeheartedly offer myself to the Universe, and in return, it showers me with unlimited rewards and success.

328. The vision I have creates success that surrounds me in my daily life.

329. Happiness, joy, prosperity, and success are natural to me.

330. Accomplishing all my goals is incredibly easy and effortless for me.

331. My life is an incredibly amazing, wonderful & exciting journey.

332. My thoughts & beliefs create reality. I choose empowering thoughts.

333. I have the power to create my life in exactly the way that I desire.

334. Everything that I desire, want, and need is already out there waiting.

335. I am full of positive thoughts, positive energy & positive actions.

336. *I am destined for success and greatness.*
337. *Today I take steps toward fulfilling my goals & getting everything I desire.*
338. *My mind, tenacity, energy & ability help me achieve my goals.*
339. *I feel refreshed, energized, and excited to excel today and everyday.*
340. *My ideas, thoughts, and beliefs are the seeds for my success.*
341. *I am enough and will always be enough.*
342. *Today is a great day, and I have everything I need to make it great.*
343. *I am making smart decisions for my life & I have the guidance I need.*
344. *I surround myself with people that contribute to & support my success.*
346. *I am intuitive and know what direction is best for my success.*
347. *I am equipped with that I need to embrace and achieve success.*
348. *I am constantly receiving the endless opportunities sent to me by the Universe to help me experience success.*
349. *I am free from obstacles that used to hold me back from success.*
350. *I am eager and always open to follow new paths to achieve success.*
351. *I am developing in all the areas of life that make me free, happy & aligned.*
352. *I am joyful & grateful for every goal I accomplish & celebrate with joy.*
353. *I am grateful for my success and happiness.*
354. *I am experiencing things daily that are leading me toward success.*
355. *I create opportunities that inspire evolution and growth in the best ways.*
356. *I am full of enthusiasm & energy that propels me to reach my goals.*
357. *I show others what's possible through my success.*
358. *I am living my best life as my authentic best self.*
359. *I am clear about my life and purpose.*
360. *I am embracing everything that comes to me from the Universe.*
361. *I move in the direction of my highest good through aligned actions.*
362. *I am developing new, positive habits that serve my goals.*
363. *I am open to infinite opportunities for success by the Universe.*
364. *I choose my joyful life, and I am filling it with the content I love.*
365. *I am contributing great ideas to the Universe.*

Conclusion

It can feel intimidating to change how we see certain areas of our life or to dig into complex and sometimes dark places. As we explore different affirmations to improve various areas in our life with growth and positive change, we can use them to impact them with patience and grace. Positive affirmations are a tool that we can use daily to help us relax, energize, focus, connect or rejuvenate our connection to well-being. It all depends on what we need and where we believe we need to go. When we find the right words to say to ourselves, our instincts will guide our path and we feel positive emotions. Positive emotions are our guidance system. As we follow joy, love, energy and curiosity - they guide us to know our best selves.

We can teach our mind to rewrite the narrative to our story. We can start at any place and move forward in the direction of our goals. And, if at any point, we find ourselves off the path we were meant to head in, we can choose to re-align with a new affirmation and thought stream that better connect us to where we want to go. We have control over our thoughts, which means we have control over our actions. Our actions will then begin to align with our desired reality over time, and with consistency this is how we can make amazing things happen in our life. It all starts with our thoughts.

Now that we have learned how to make affirmations work in our life and have plenty of ideas on how to call for our desires and goals to manifest, it is time to choose one, or several, to start repeating it to ourselves. The more we repeat our affirmations, the more they ingrain as the truth in our mind. When our mind believes it, we will be inspired to take the right actions, at the right time.

When our actions are in alignment with our desired goals and the life that we truly desire, our reality will reflect exactly what we are focusing on, and the universe has no choice but to bring us what we are intent on manifesting.

Every day we have to choose to keep moving forward and choose thoughts that support our best selves. No matter what our current reality reflects, as soon as we begin to embody the concept that we are making a difference in our life and the lives of people around us, we begin to embody the energy of creators who are powerful beyond our wildest dreams. As our energy shifts, the people, places and events in our life will begin to shift in our favor.

It all starts with believing in ourselves and our amazing purpose in this world. The manifestation of all our heart's desires is inevitable, the Universal Law of Attraction - all that is like itself is attracted to itself - is like the Law of Gravity, it just is. We can tap into it as creators of our realities. We set the tone and vibe of our frequency each moment of each day. Set our frequency to attract exactly what we want in life by using the positive affirmations in this handbook every day and we will begin to embody the vibration that makes success inevitable!

About the Author

Monika Benoit is a leader in the field of life empowerment, success empowerment & success mindset. Through private coaching, digital courses, books, meditations and free content, she empowers women to unleash their inner Divine Goddess potential to tap into unlimited earning potential, while fulfilling their passion & purpose.

Combining her background in positive psychology, hypnosis, Mindfulness-Based Stress Reduction, and Emotional Freedom Technique, with her unique experience as a Certified Health Coach, Life Coach & Psychedelic Guide, Monika provides strategic mindset advice through the straightforward application of spiritual & energetic principles. Monika's approach is different from other coaches out there: in the best way possible. Learn more: www.monikabenoit.com



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