



# Struggling With Fear, Anxiety and Limited Beliefs?

Then I want to ***Congratulate YOU*** For Subscribing To My Positive Affirmations!! I am beyond excited to be sharing with you the positive affirmations that have lifted me up during my turbulent times.

## ***What Are Affirmations?***

Affirmations are positive statements describing a desired situation or goal. They are repeated... enabling the subconscious mind to help transform your current circumstances. Repeating them motivates, inspires, and programs the mind to act according to the repeated words.

Affirmations can help us create positive thoughts and restructure the dynamic of our brains. The word affirmation comes from the Latin *affirmare*, meaning "to make steady, strengthen."

Affirmations are proven methods of self-improvement due to their ability to rewire our brains. It's important to establish a profound communication with the universe and make sure you say each affirmation with conviction, in your own unique voice, and then allow it to happen in the real world. ❤️ ❤️

*Cheri Ann Schultz*

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POSITIVE THOUGHTS

*generate*

POSITIVE FEELINGS

*and attract*

**Positive Life**

**Experiences**

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POSITIVE AFFIRMATIONS PROVE YOU ARE  
SPECIAL, YOU ARE ENOUGH, YOU ARE  
SMART, YOU ARE WORTHY OF LOVE.

I am in control  
of my reactions.

I let go of my  
anger so I can  
see clearly.

I believe in  
myself  
and  
my abilities.

I have a dynamic personality and I am eager to meet new people.

I am a magnet for success.

I am a great listener.

My faith allows me to move mountains.

I focus on what will lead me to success.



I am passionate  
about my life's  
direction.

I am in  
charge of  
my life.

I am successful  
in achieving my  
dreams.

I am the  
architect of my  
own life.

My wisdom  
gives me the  
ability to  
believe, I can  
achieve.

I am powerful  
and living in the  
moment.

I always  
stand up  
for myself.

I am proud  
of all my  
accomplishments.

I make the  
right choices  
everyday.

I believe  
my dreams  
can become  
my reality.

I surround myself  
with positive  
people.

I trust  
my actions  
and  
decisions.

I am a unique person  
and I am loved.

I study and  
comprehend  
quickly.

I let go of all  
anger and  
see my life  
clearly.

I choose friends  
who accept me for  
who I am.

My fears  
are fading  
away.

I am manifesting  
the perfect job.

I use my  
time  
effectively.

The universe  
supports me in  
every area of  
my life.



I am accomplishing  
my goals and reaping  
the rewards.

I radiate  
beauty and  
charisma.

I forgive myself for  
all my past mistakes.

I believe in  
my skills and  
abilities.

I am filled  
with love  
and  
gratitude.

I am grounded  
and aware of my  
surroundings.

I am  
gentle with  
myself.

I am confident and  
full of hope.

I am blessed  
and divinely  
guided each  
day.

My thoughts  
attract  
abundance  
into my life.

If you believe you are what you think, then life truly stems from your thoughts. However, we cannot rely purely on thoughts; we must translate thoughts into words and actions in order to manifest our intentions.

This means we have to be very careful with our words, choosing to speak only those which cultivate our highest good. Affirmations help purify our thoughts, restructure the way we think and then we begin to think nothing is impossible.

You can utilize any of these affirmations alone or create your own based on your own personal needs. The most important thing you can do is to say each affirmation with conviction, repeat it in your own voice and be convinced it can happen!!

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