



## Affirmation Guide for Powerful Decisions

*Make decisions as often as you can.*

*It increases the momentum in your life and influences a positive outcome.*

*Decisions are your opportunity to create your own reality, consciously and on purpose.*

Use these affirmations on a daily basis and whenever you think of them. They don't need to be in a particular order and these are only suggestions.

Instead, feel your way and use the words that you feel resonate the most.

The power in affirmations is in your ability to feel better and better with every word you think and speak.

This is what makes your decisions powerful!

# Decision Making for Health

I've decided that my body is going to be healthy

I've decided I can be pain-free

I've decided that my joints are flexible

I've decided that every breath I take energizes me

I've decided that I want to feel great

I've decided that my mind is alert

I've decided that I am guided to what's right for my health

I've decided that I'm going to be fit and healthy

I've decided that my body heals easily and effortlessly

I've decided that happy and healthy is right for me

I've decided ...



# Decision Making for Love

I've decided that I deserve to feel loved

I've decided that love is coming my way

I've decided to respect myself

I've decided that I am whole and complete as I am

I've decided to believe in happiness

I've decided I want happiness and not perfection

I've decided I want to feel great

I've decided that a loving relationship is for me

I've decided that I want to share my life with a loving partner

I've decided that I can expand and grow with somebody who loves me

I've decided ...



# Decision Making for Happiness

I've decided that happiness is important to me

I've decided that I want to be happy

I've decided that the Universe has my back

I've decided that the decisions I make work out for me

I've decided that life loves me

I've decided that the more I receive from the Universe,  
the more I have to give

I've decided that I want to look for what's working in  
my life

I've decided that my happiness is up to me

I've decided that things are working out for me

I've decided that I get to choose my thoughts

I've decided that I want to feel great

I've decided ...

