

Evening Affirmations:

Find that perfectly comfortable spot.

Relax by taking a deep breath in then exhale, releasing the stressors of the day.

Again.

One more time.

This is my time to give thanks for everything that came to me today. I know there are blessings--some obvious, some hidden--in everything.

I ask for what I want, knowing that whatever I ask for in prayer, having faith and believing, I will receive. Father Mother God, what I want is ...

I visualize my desires in detail and feel joy as if I already have them.

With God, I have the power to make things happen.

Nothing and no one can keep me from my goals and success.

...

www.myspiritualaffirmations.com