



*35 Mindfulness Affirmations For  
Stillness & Presence*

- I am here.
- I am present.
- I am grounded.
- In this moment, I have everything I need.
- I am exactly where I am meant to be.
- I am safe and secure.
- I am rooted in this present moment.
- I am strong, steady, and grounded.
- I exist in this moment right now.
- I am grateful for the breath that flows through my lungs.
- My breath is my anchor.
- I am breathing in strength. I am breathing out peace.
- I feel peaceful, grounded, and secure.
- This moment is exactly as it's meant to be.
- I am experiencing life through all of my senses.
- I allow myself to focus on completing one step at a time.
- My power is in the present moment.
- I am not my thoughts.
- I am not my fears.
- I am viewing the world through the eyes of love.

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- All is well in this moment.
- My heart is grateful, and my mind is at peace.
- I will not worry about things I cannot control.
- I focus on what I can control and let go of what I cannot.
- I have the power to overcome my doubts, worries, and fears.
- I allow myself to take things one moment at a time.
- I am grounded, centered, and stable.
- I know deep inner peace.
- This day is a gift, and I accept it with my full presence and undivided attention.
- I release worst case scenario thinking and choose to focus on this present moment.
- When I'm feeling overwhelmed, I allow myself to step back and breathe.
- I notice my thoughts and feelings without judgment or criticism.
- Everything I feel in this moment is exactly right.
- I take care of the future by taking care of the present moment.
- I release my worries and allow myself to find peace in life's quiet moments.

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