



40 Friday Affirmations To End The Week With Positivity

- I approach this new day with joy, gratitude, and excitement.
- I am thankful to end this week on a positive note.
- I begin and end this day with a grateful heart.
- No matter what happens, I will offer my best self today.
- As I move through this day, I pledge to spread my light wherever I go.
- I choose to release my worries about the future and focus on the present moment.
- I hold the lessons I learned this week close to my heart and carry them with me as I move forward.
- Where focus goes, energy flows, so I focus on peace, success, and positivity.
- Today, I choose to feel calm, grounded, peaceful, and secure.
- I can accomplish anything I focus on.
- I feel peaceful and relaxed knowing I am exactly where I am meant to be.
- I open my eyes and discover the miracles that surround me every single day.
- I inhale positive energy and exhale my fears.
- I am choosing courage over fear and faith over doubt.
- I feel good about the path I'm on and the life I'm creating for myself.
- Good things are happening all around me.
- Everywhere I look, I see hope and possibilities.
- I am excited to experience the magic and wonder of this day.
- I am always headed in the right direction.



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- I am grateful for the challenges I've faced this week, as they've allowed me to grow.
- My strength is greater than any struggle.
- All of my problems have solutions.
- My ability to conquer challenges is limitless. My ability to succeed is infinite.
- Everything I do today is enough. (*And so am I.*)
- All experiences I've encountered have shaped me to be the highest version of myself.
- I trust that the Universe gives me exactly what I need at exactly the right time.
- I am trusting. What's meant for me is already mine. I am exactly where I'm meant to be.
- When I end this day, I am able to leave work behind me.
- I choose to focus on what makes me feel good.
- My mind, body, and soul are my top priorities.
- I am leaning into fun, rest, relaxation, and play.
- I am allowed to feel good.
- I am allowed to choose joy.
- As I end this week, I am able to reflect upon my experiences with gratitude and positivity.
- I choose to see the best in every situation.
- This weekend, I am releasing my worries and making self-care my top priority.
- My heart is grateful and my mind is at peace.
- I find beauty and pleasure in the little moments.
- Everything is exactly as it's meant to be.
- All is really well.