

35 Sunday Affirmations To Rejuvenate Your Spirit

- I am ready to step into this new week with an open and grateful heart.
- I release what no longer serves me to make space for new beginnings.
- I am able to let go of anything that doesn't serve my mind, body, or spirit.
- I honor my heart. I honor my energy. I honor who I am.
- I choose faith over fear and peace over perfection.
- I am at peace with my past. I am in love with my present.
- I hold the key to my own happiness.
- I stand in the joy that I create from within.
- All that I seek I can find within me.
- The world needs more of me, not less.
- I am peaceful, centered, and grounded.
- I am always loved, guided, and supported.
- Every day, I feel more connected to my spirit.
- Love flows to and through me in all moments.
- I take care of myself and honor my needs.
- I allow myself to take time for me.
- It is right to be exactly as I am.
- It is right to be exactly where I am.
- In this moment, I have everything I need.
- I choose to be my own priority.
- I have the courage and strength to do what is best for me.
- My strength is greater than any struggle.
- I inhale peace and exhale anything that no longer serves me.
- I am allowed to say no to things that do not serve my highest good.
- I am allowed to say no to anything that doesn't support my ultimate well-being.
- I am allowed to say no, and I don't have to give a reason.
- When I say no to anything that doesn't support my well-being, I'm saying yes to myself.
- I give myself permission to do what is right for me.
- I am not my thoughts.
- I am not my fears.
- I am so much stronger than I realize.
- Love, courage, and faith are my superpowers, and they will carry me as far as I want to go.
- I trust that everything I need comes to me at exactly the right place and time.
- Even if I'm not yet where I want to be, I'm able to step back and see how far I've come.
- Everything is unfolding for me in perfect timing. I release worry and choose to trust.