



20 Mental Strength Affirmations For A Powerful Life

1. I am a valuable person.
2. I have a positive outlook in life, which I demonstrate to everyone around me under any and all circumstances.
3. I have the ability to love others unconditionally.
4. I accept others for who they are.
5. I communicate well under all conditions.
6. I am a good listener.
7. I listen and I enjoy; the song call of the birds, the rustling leaves, the sounds of Nature.
8. I am quick to listen, slow to speak and slow to anger.
9. I fully accept the character of people around me.
10. I recognize and needs of others.
11. I discover successful methods of improving and contributing to my family, friend and people with whom I associate.
12. I give freedom to others to fulfill themselves outside our relationship.
13. I choose to assist others in reaching their goals.
14. I enjoy serving others and know that serving is what I am called to do.
15. I choose to be centered in the One Creative Force, not on myself.
16. I have the ability to change and accept changes as a normal process in life.
17. I am flexible.
18. I realize that life does not revolve around me.
19. I respect others.
20. I choose to have discretion in my speaking and in my actions.