



**101  
UPLIFTING**

*Affirmations*

**FOR**

**RADICAL SELF-LOVE**

**Hubert Koh**



# 101 Uplifting affirmations

For radical self-love

By Hubert Koh

<http://www.67goldenrules.com>

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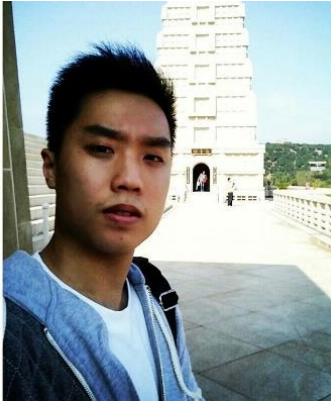
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“Hubert has once again outdone himself. I thought 67 Golden Rules was a masterpiece, but this ebook would be the guide to show us the light towards personal fulfillment and success. Enough said, just read it guys.”

- Wesley Koh

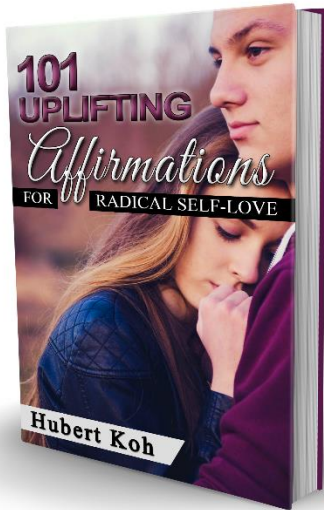


“Brilliant. I will start to use this affirmations on a daily basis. This second book easily complements the 67 golden rules! Thank you for writing this ebook.”

- Darren Goh

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## My Story

Hi there, I am Hubert and I would like to share with you my story. Life was not always so easy growing up, and the several financial crisis happened in my formative years. It affected my family a lot because my dad's business had to be rebuilt. Twice.

Besides studying hard in school, I also went on to read a lot of people on self-help and finance, because afterall, I wanted to know, what is the secrets of those that are so successful? I do not want my future family suffer like I did, or for that matter, I wanted to retire my parents. They have

done enough for me, and it is about time I take care of them.

They are the most hardworking people I know, but yet success eludes them. Clearly, there must be reasons why they aren't so successful and that hard work is NOT the key to success. I found out what they were, and I wrote the book titled "67 Golden Rules". If you haven't not read my first book, I suggest you go to my [website](#) and download it for free.

One important concept that I thought was the most important to success and happiness was the use of affirmations. I found that to be so important to the development of myself to go through so much in life, that I felt the need to write a book on it. "101 uplifting affirmations" ebook was born.

I now know that no matter what goes through in your life, you can overcome it as long as you believe, internally, that you can succeed. You eventually will. And it all starts with these uplifting affirmations that can reprogram yourself on a subconscious level to attract the life that you truly desire.

This is my gift to the world, and to my ever growing subscribers. I hope you enjoy it, and create the level of success or [miracles](#) you truly desire.

Chief success officer

Hubert koh

[www.67goldenrules.com](http://www.67goldenrules.com)

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# Introduction

I want to thank and congratulate you for downloading the book, *“101 uplifting affirmations for radical self-love.”*

The idea of using affirmations is highly gaining popularity, and I believe [you](#) have already heard of it but may not have an idea of what they are or what they do exactly. I assure you that having this book is a good idea as it will cover all that you need to know about affirmations and most importantly enlighten you on specific affirmations for self-love. What you need to know is that affirmations are always very efficient and if utilized well will transform every area of your life.

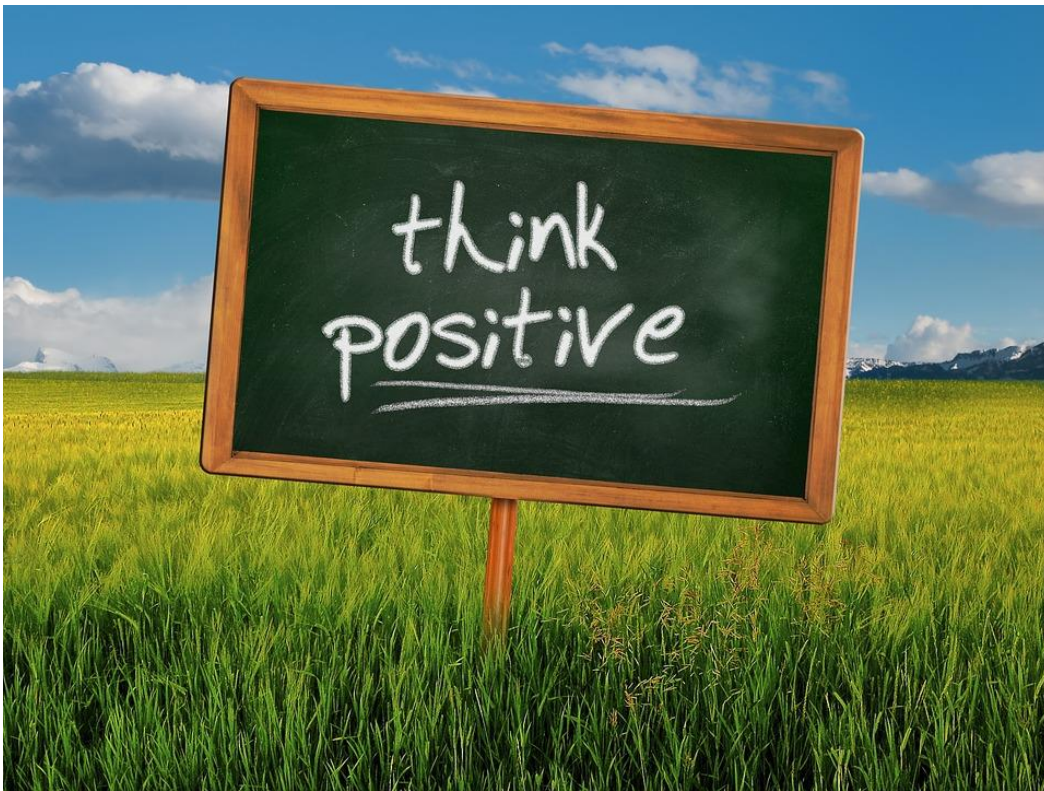
Affirmations frequently target specific objectives and when you want to achieve a certain goal then you will need to affirm so. This book will however focus on affirmations for self-love which I believe will make you a better person because loving one-self is a key aspect to ultimately changing your life situation. It is important to attain real happiness in life but if you don't exercise self-love then you compromise your happiness. Every success or achievement always stems from real happiness and is the reason it should be the area of focus.

Each chapter of this book aims at ensuring you get a deeper understanding of what affirmations are and most importantly know how you can put them into use as a way of creating a better life. Affirmations are essential because they change you from inside out and make you a better person. They will change your thinking and feelings and thus enabling you to achieve satisfaction and fulfillment in life. What we do every single day is always influenced by our thoughts and emotions and when you direct them then chances are that you will build great things in your life. This book will open you up to a world of good, where [you](#) find both peace and happiness. Every affirmation described will not only increase your self-love but will also enhance your general wellbeing.

# CHAPTER ONE

## WHAT ARE AFFIRMATIONS?

If you are looking to change and improve all areas of your life in the most effective way possible then I urge you to make affirmations a part of [you](#). Affirmations are actually sentences meant to have an effect on your conscious and subconscious mind. They are usually words which bring or build a certain image in a person's mind which works on inspiring, motivating and energizing an individual. What happens is that when you repetitively use affirmations the images created will affect the subconscious mind, which then influences your actions, behavior and habits.



Many things in life don't go our way because we are not in full control of our thoughts and actions and we also lack focus. Affirmations should keep you on track with all that you do and help in enhancing your personal growth. You should know that there is more than possibility of you getting whatever you want to affirm as long as you believe in yourself and in your abilities. The thing is that with doubts and disbelief you are not likely to get what you want because the two will stand on your way.

When you decide to use affirmations [you](#) should always make sure that you affirm with faith, love and interest as this will accelerate its fulfillment. The mind is always very powerful as it is the one which determines your failure or success in anything. What I mean is that when you are not in control of your thoughts and feelings they wander and might bring in so much negativity. Affirmations are

meant to bring in positivity and keep you on track with your goals and dreams. They will assure your inner self that you are stronger than you think and that all you want in life will soon be your reality.

It is always very easy for the mind to bring in negative thoughts and doubts and this is mostly when your current situation and environment are not in light with your hopes. This is quite natural but one thing I always tell myself is that my happiness or success is not determined by current situation. Affirmations are meant to help you look beyond that and realize that you have more than potential and you should never allow anything to hold [you](#) back from achieving your goals in life.

Bad things happen to us and this is a part of life but to overcome them one is required to persevere and also not allow their negative thoughts and doubts to conquer them. Life is a journey and nobody said it is all going to be smooth sailing, with inner strength you easily push through both the good and bad. It is said that if you believe that you are what you think then you could build a better life. What you need is to transform thoughts into words and then into actions if you want to make progress in life. This is also a way through which we can manifest our intentions and make our dreams a reality.

Affirmations are believed to help purify a person's thoughts and restructure our brains in a way that we start thinking nothing is impossible or beyond our reach. By strengthening us affirmations make us believe in the potential of a desired action. By affirming our ambitions and dreams we get motivated that our wishful words will become a reality. I emphasize on the fact that affirmations are proven ways for self improvement because they are able to rewire our brains.

What happens is that by using affirmations you easily raise the level of feel good hormones pushing your brain to feel with positive thoughts. If you have ever heard of the law of attraction you therefore understand how important it is to be a positive thinker. The law states that "like attracts like" and the universe delivers according to what you reflect. By using affirmations [you](#) will without knowing break patterns of negative thoughts, negative speech and ultimately negative actions.

Applying affirmations in your life is easy as it is all about being in conscious control of all your thoughts and when you say or think them they become the thoughts that create your reality. What many don't realize is that we influence the universe word by word by this I mean that by uttering any word we actually emit a sound wave to the universe. The universe will use to make all our thoughts and feelings our reality and we therefore need to be careful with what we think and what we believe in. by this I simply want you to be careful with what you think because what you think is exactly what you get. You can use affirmations to create awareness of your thoughts because when you are not aware of your thoughts they tend to be negative and this pushes you to the negative side of life.

## **BENEFITS OF USING AFFIRMATIONS**



There are a number of reasons why one should make use of [affirmations](#) all of which are focused on improving your general health and wellbeing. Many people have always heard of affirmations but have never had the opportunity to know what they can do to a person. This is the reason why this part of the book introduces you to the various benefits that come along with the use of affirmations. They are meant to give you an open mind on why you need to make affirmations a part of your daily routine. The truth is that affirmations are not only meant for manifesting specific goals as they go to an extent of encouraging a life filled with gratitude and positivity. The thing is that the process of affirmation is unending because once you manifest a goal you don't stop at that but rather replace the affirmation with another. It is also necessary to note that positive affirmations will not only benefit you but also other people in your life. Below are the main benefits of using affirmations:

- One thing you need to know about using [affirmations](#) is that they will transform your thoughts from negative to positive. We all should know that the key to living a more fulfilled life is by exercising positive thinking. With so much negativity you tend to lock away so many good things in your life. The mind as mentioned is a very powerful part of us and by filling it with so much negative you will definitely create that in your life. This is because what you think influences what you do and also the kind of things you pursue in life. A positive thinker understands there is nothing impossible in life and that if they give it their all then things might just go away but if they don't it doesn't mean they are failures.
- Another good thing about affirmations is that they open you up to new possibilities because it is through them that you start believing in yourself and in the possibilities that life offers. Once you start affirming to something every part of you will believe in its possibilities and you will push yourself to make as many goals as possible a reality. Due to the fact that affirmations

open you up to a new way of thinking then it is a path to overcoming any kind of fear and thus allowing you to always be ready to take risks. A person who is always ready to try has nothing holding them back and will therefore increase their chances of succeeding in any kind of venture.

- [Affirmations](#) also act as an empowerment allowing you to create your desired way of living not only in your mind but also in real life. The best thing about affirmations is the fact that they always act as a source of motivation. Once your conscious and subconscious mind believe in a specific thing then you will be pushed to do all you can to attain your set goal. When you keep affirming certain things like am healthy and that no kind of disease will break you down then this becomes your reality. You will live to know that no matter the risks or challenges in life you will always have the potential to work things out and let them go your way.
- They are also a way of creating or building self love because when your mind starts to believe in yourself and in your abilities then nothing will prevent you from appreciating who you are. A person who has no belief in who they are or in their life should start applying affirmations as this changes a big part of their lives. They will create some kind of inner strength allowing them to view the world with different eyes. We always have the strength within us to make life be more meaningful and despising yourself or doubting your abilities cripples you from making progress in life.
- Affirmations help in creating awareness enabling an individual to live in the moment. What happens is that when you constantly affirm then you will be in control of your thoughts, words and feelings. This reduces the risk of you allowing negativity to seep into your life. Once you are fully aware of your life then you won't feel the need to live a life of worry and you will have room to enjoy life and all it offers.
- With affirmations you can also easily improve your general health and wellbeing because they are a way of dealing with negativity. A person who is always hopeful will without knowing it live a healthy lifestyle. Affirmations change a big part of your life and much of what you focus on will be for your own good. We all know that stress and worry always have a big effect on our health and by overcoming them you will always remain healthy at heart, body and mind.
- Another benefit of affirmations is that they will make you more grateful as they rewire your brain changing you into a better person. What happens is that you will learn to appreciate every single thing you have whether big or small and this kind of gratitude makes you grow mentally and emotionally. You will not allow your life to pass by focusing only on the big things that you think are worth everything. You will be aware of every moment in your life and will therefore live a more grateful life.

# CHAPTER TWO

## UNDERSTANDING SELF-LOVE

The best gift you can give yourself at any point in life is exercising self-love and this may sound as a simple thing but many find it difficult. By loving yourself it means you understand how special you are and that you believe in yourself and in your abilities. There is no way you can love another person enough until you get to love yourself first. Love is a special thing granted to human beings and it should always begin with us before it expands to other people. Self love is an essential factor when it comes to good living as it influences a big part of our lives including the people we pick as friends or partners and also the image we project in any kind of environment.



Self love is more than a state of feeling good but rather a state of self appreciation that always grow from specific actions which support our spiritual, psychological and physical growth. When you learn to love yourself it will be easier for you to accept or embrace both your strengths and weaknesses. You will never at any point in time feel the need to explain away your shortcomings or even struggle to compete or compare yourself with other people.

There will never be a person in your life that can be able to love you as much as you can love yourself. It should be in every person's effort to cultivate as much self love as possible as this is the only way to make life bearable. It is impossible to connect with someone when you can't connect with who you really are. A step to the journey of building self love would include recognizing your own good qualities.

Lack of self love damages a big part of a person's life as it affects your confidence and [self esteem](#) which are necessary tools in attaining satisfaction and fulfillment in life. If you want to wake up every morning feeling great about the person you are and your life in general then it may help to work on creating self-love. If you can love other people in your life what prevents you from loving yourself. No matter who you are, what you have, how you look like we all deserve to be loved and the most important kind of love to receive is self love.

Generally speaking, having very little concern for oneself is something that usually arises from feelings of low self worth which may be of your own making or may be influenced by the people in your life. This is where we get people pleasers; they never seem to understand that they are just as important as any other person. Their insecurities bury so much good inside them and they only see the good in others but not in themselves.

I am sure there are a number of people out there who believe it is selfish to love yourself but I know they got it all wrong. The thing is that you are the only one who can take care of yourself in all ways and if you don't love yourself enough this becomes difficult. When you love yourself it becomes easier to share the same kind of love with other people. Self love starts by giving love, care and attention to yourself but if it can't extend to other people then we can't call it self-love.

My advice to you is that you need to love yourself at all times and this includes through both good and bad. This strengthens the inner you giving you the ability to face all kinds of challenges that come your way and also be enthusiastic about building a better life for yourself. Without self love you lack so many things inside that are meant to push you through the bad and good of life. We all know that what we feel inside will always be reflected on the outside. If you do not love yourself you are likely to attract things and people that are not loving.

Any moment you feel the need to work on building inner peace then you should know it begins by exercising self love because nothing will ever feel good in your life if you can't appreciate who you are as a person. Loving yourself opens you up to a world of understanding and acceptance which is what you need to make your life seem complete. My thought is that self love gives a person strength and courage to try new things and to pursue their dreams. This is made easier because you understand that no matter the outcome you will still love who you are.

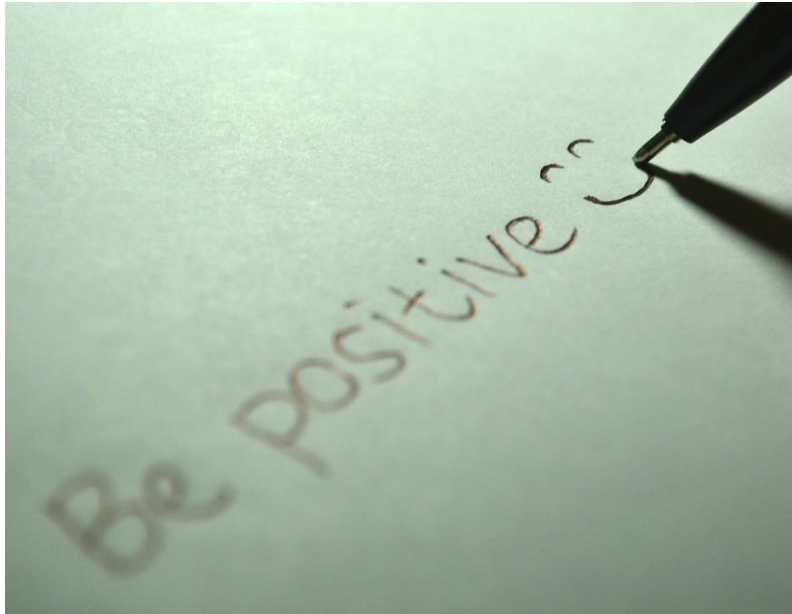
With self love you will always have your own back and you will also understand that your self-worth is never dependent on your success or achievements. You can have nothing in life but the simple love you feel and share with others will always make you feel great about life. A part of you will always insist on trying more because you have nothing to lose and this always leads to greater heights of

achievements. What am trying to say is that success does not bring happiness but happiness will always bring success. A simple thing like self love and acceptance is always a foundation of healthy living, career success and love.

Self love allows every single person to build the best kind of relationship and that is a relationship with yourself. This is believed to be a path towards making everything feel fine no matter how difficult or challenging things are turning out to be. Make today that day when you decide to love who you are unconditionally. This will definitely have a big impact on all aspects of your life and will give a new beginning allowing you to live the best kind of life.



# AFFIRMATIONS FOR YOUR EMOTIONS



These affirmations are meant to help you be in control of your emotions and have the ability to stay rational, calm and reliable in all situations. With regular use of the emotional affirmations you will with time find it easier to remain calm and less stressed in challenging and difficult situations.

## **1) Every Day I Become More And More Aware Of My Emotions**

This kind of thinking is meant to help you believe in your ability to watch through your emotions as it assures you of full awareness. It is through awareness and living in the present that an individual can leave peacefully and appreciate who they are and the simple things time offers. Being aware of what you feel towards particular things will enable you to find a way of focusing on the positivity that life offers only.

## **2) Every Single Moment I Experience The Positive Feelings That Visualization Brings**

Visualization is an act of picturing your goals and dreams in mind and is always a way of making a person believe in their abilities. This affirmation is meant to help you embrace the idea of visualization and believe in the fact that it will bring in positive feelings. Affirming this will allow you to make visualizing a habit and thus change what you feel inside about yourself and also about life.

## **3) All My Feelings Are Nothing More Than The Result Of My Current Beliefs**

Much of what a person feels from time to time is always determined by what they believe in. To have positive emotions you will need to train yourself to live life fully by embracing change and looking beyond our comfort zones. This affirmation will help you understand that there is more to life than what other people say and what you think. Don't limit your growth because of your beliefs but rather live your life to the fullest as there is always more happiness and success in life and all you need to do is reach out.

#### **4) I Feel Great, And I Know That My Thoughts Are In Alignment With My Desires**

It is a good way to tune your thoughts and use them to bring good things to life making your goals and dreams a reality. The universe always delivers according to what we think and believe in. Telling your mind that everything is possible and no obstacle can prevent you from attaining your desires is the best way to manifest real happiness and success.

#### **5) I Accept My Emotions, But Keep And Sustain Only The Positive Ones**

It's exactly what mindfulness teaches, that one should learn to acknowledge all that they feel but also be strong enough to let only the positive ones rein. Maintaining the positive emotions makes you a better person and allows you always to feel great about who you are. This affirmation will allow you to take note of all that you feel but learn to focus on the positive because the negative ones will poison you.

#### **6) Finding Humor In Challenges Gives Me The Ability To Rise Above Them**

Difficulties and challenges are a part of life and how we react to them determines how far we go. By using this affirmation, you will learn to respond to failure and other life problems in a healthy way. You will not let them drag you down but rather take them as a stepping stone to better things.

#### **7) I Have The Ability To Keep Negative Emotions In Control**

Negative thoughts and feelings always deter an individual from moving forward and is the reason you need to work on locking them away. This affirmation will give you the kind of strength needed to put all your negative emotions in check. This way you will quickly look at your bad situation and always focus on the positive.

#### **8) I Am Relaxed And Calm When Around Other People**

There are some people whose affections are affected when around certain people and you may find that one feels not good enough or a lesser person. You can deal with this kind of insecurity by using

the affirmation. It will help you know that there is totally nothing to prevent you from feeling calm and relaxed no matter the company you are in.

### **9) I Embrace My Feelings And Accept The Lessons They Bring**

All that we go through in life and what we feel should be a learning ground; this is if you want to progress instead of being caught up in your difficulties. Whatever you feel about particular things will determine your personal growth and is the reason you should make every feeling and experience a chance to learn better.

### **10) I Express My Feelings When They Are Healthy And Appropriate**

As humans we need not show all that we feel just because we feel them, one needs to learn how to react in the right way at all times. It could be in situations like when a person offends you or irritates you; you should not express all the negativity felt towards them but rather handle the situation more maturely. It will help you build better and healthier relationships and is also a way of attracting positive people into your life.

### **11) I Allow Few Minutes Of Worry Each Day And Forget About It**

We have limited time in life and wasting every moment of it worrying does you no good. It is the reason this affirmation comes in handy as it will enable you to utilize much of your time more efficiently. It does not mean that one should never think about their problems, just take some few minutes to do that and more to build a better life. When you worry too much nothing changes, all you do is destroy your general health and wellbeing.

### **12) I Am Superior To Low Actions And Negative Thoughts**

What the affirmations aim at doing is to make both your subconscious and conscious mind understand that you are better than the limited actions you do and the negative thoughts you have for yourself. Don't limit your thoughts and actions because there is a better person in you than all that. I believe this can be quite demeaning and will prevent you from growing both emotionally and mentally.

### **13) I Am A Very Forgiving Person**

We all know that holding on to anger is like drinking poison and expecting the other person to die. What I mean is that forgiveness is vital and should be exercised at all times. By using this affirmation, a part of you will believe in the fact that you can forgive and will therefore not cling to the past. It is

only through forgiveness that one can move past their broken heart and hurt feelings. When you don't forgive, then you will never be at peace with yourself and thus never live happily with yourself and with others.

#### **14) Flowing Compassion Will Always Wash Away My Anger**

Too much anger will compromise both your self-love and happiness in life and is a reason for you to avoid it at all times. Affirming to this makes you a stronger person who is always more than willing to let go of their anger.

#### **15) I Keep My Cool When Under Pressure**

We all find ourselves in hard situations and may find it hard to be in control of all our emotions and therefore end up reacting negatively. By saying that you can stay calm when you are under pressure then you will finally be able to.

#### **16) My Happiness Is My Priority**

The essential thing that will make your life complete is finding real happiness and by believing that you can make it a priority then you will. All your actions and efforts will, therefore, be focused on maintaining general happiness.

#### **17) I Love And Respect My Feelings**

It is what you should do if you want to have positive emotions because by being concerned about how you feel then you will do things that are in line with making you happy and peaceful. Acknowledging this fact will make you a better person who understands the things that make them calm at heart and mind and those that don't.

#### **18) I Love Being In Control Of My Feelings**

It is by being in control that one can quickly attain positivity in life; this is because you will not allow negative feelings determine who you are. There is always an emphasis on the importance of controlling all your thoughts and emotions if you want to live a more fulfilling life.

#### **19) I Know How To Raise My Emotions At All Times**

Since life is full of ups and downs it's hard to avoid the difficulties but easy to learn how to deal effectively with them. When bad things happen to us a big [part of us is always affected but when you know that you can look beyond that and feel good about other things then you will.

## **20) I Replace Anger With Understanding**

By saying that you always have a way of overlooking your anger then you will know it is what brings you down. A person who is full of understanding is in a better position to grow and always live great lives.

## **21) I Think Before I Act**

Many of us always react to situations before thinking through, and this could be with actions or words. With this we end up making the situation even worse but when you get into the habit of thinking before you act then you keep your emotions in place.

## **22) I Am In Touch With The Feelings Of Others**

It is not only your feelings that matter but also of those people in your life and using this affirmation enables you to be considerate of others too. When you learn to be in tune with the feelings of those around you, it will be easier also to put your own in control.

## **23) Am Mentally And Emotionally Balanced**

It is important to maintain mental and emotional balance if you want to keep feelings positive. By saying that you are emotionally and mentally balanced then you will have a better way of dealing with life situations.

## **24) I Am The Master Of My Emotions**

Your emotions are your responsibility, and if you believe you are the master of it, then you will have the strength to control them. What we feel is our decision because by facing despair you need to tell yourself that you have the ability to get through it and will never be held down by the negativity it brings.

## **25) I Always Look For The Best Emotion For All My Experiences**

There is no way one can keep themselves away from experiencing bad things what you need to find the best in all your experiences and let that determine how you feel. Affirming to this will help you find the best of what life offers instead of focusing on the negative only.

# CHAPTER FOUR

## AFFIRMATIONS FOR HAPPINESS



Happiness is believed to be a journey and not a destination, and it is also what you need to build self-love. The affirmations will help you attract real happiness and in the process learn to appreciate both your life and yourself. What determines true happiness is the attitude we have towards life. The thing is that every single person has different feelings about a particular situation, and these affirmations will help you make the best of every moment and find a reason to be happy at all times.

### **1) I Deserve To Be Happy**

Every single person deserves to be happy and to be happy then every part of your needs to make that decision. That way, you can focus your all into attracting as much happiness as possible into your life. Real happiness lies within us, and it is in your power to make your life a happy one.

### **2) I Am Loving And Happy**

To be happy one needs to begin by loving themselves and sharing the same love with other people. It opens a path for you to attract the good things in life; those which you need to live a satisfying and complete life. A loving person will never find a reason to be sad or depressed as their life is always filled with joy. Teach yourself to be friendly and happy by using this affirmation regularly.

### **3) I Am Getting Happier And Happier In Every Way, Every Day**

This affirmation should always act as a motivation every single day; it is meant to open you up to the world of real happiness. What it does is make you believe in the possibility of one being happy no matter how difficult the situation is turning out to be. You will always have a reason to make each moment count because you have focused every effort to creating happiness.

### **4) My Happiness Makes Other People To Be Happy**

It is not only your joy that matters but also of those around you and is the reason I introduce you to this affirmation. It will instill in you the understanding that when you make other people happy, then you open a way for your more happiness in your life. When you are happy, then those around you will also find a reason to be happy too, and this complete happiness brings a peace of mind and heart.

### **5) I Absorb Happiness From Others**

This affirmation brings out the idea that when you see good in others and always surround yourself with positive people, then you will have no reason to be sad. When other people around you are happy, family or friends then you should be too.

### **6) My Happy Nature Attracts Happy People And Happiness Into My Life**

Your attitude is a factor to consider when thinking about your happiness and those of others. How you carry yourself can determine so much in your life, and this affirmation will guide you through and allow you to have a healthy and active nature.

### **7) Happy Thoughts And Ideas Come To Me Naturally**

Happy thoughts and ideas should never be forced aspects as they need to come to you naturally. If you allow them to, then they will and this should be by loving yourself and appreciating each moment given to you. Once you begin affirming this, then it becomes your way of life where good things happen because you have allowed them to.

### **8) There Is No Reason For Me Not To Be Happy**

We all know that this is true and that nothing should stand in the way of you living happily. If you keep telling yourself that no matter what you are going through or the situation you are in it should never be a reason for you to be sad.

### **9) I Am Grateful To God For The Gift Of Life**

By appreciating the life, you have then you will learn to be happy every single moment. Whether a situation is right or bad, your mind will assure you that your life is worth everything and is a reason to keep smiling even through difficulties.

### **10) My Future Is Always Bright And Happy**

Many individuals are not always happy because they spend a big part of their life worrying about what the future holds. If you want to be happy, then you need to have faith that your future will be great as long as you spend enough time now working on making it brighter.

### **11) I Choose To Be Happy**

By affirming this, you will be forced to create your happiness even in the face of challenges. Work on making yourself happy and you will be, during hard times you can either decide to drown in sorrow or choose to overlook it and be happy.

### **12) Happiness exists where I look for it**

It is meant to tell you that whatever path you choose to follow you will need to believe in it because it is where your happiness lies. It should apply to all areas of your life and is a way of not doubting your ventures.

### **13) Happy Thoughts Bring Happy Things**

The truth is that our thoughts are always responsible for shaping our lives, and if you want to be happy, then you will need to encourage happy thoughts. Your thoughts determine how you view yourself and also how you live your life. Applying this affirmation is a good way of enhancing positive thoughts.

### **14) I Accept The Good That Flows Into My Life**

By taking the good things that come your way, it will be easier to develop real happiness. Many individuals are not living joyfully because they lock so much bitterness inside and is the reason why they see no reason to be happy. By using this affirmation, you can always acknowledge the good in your life, and this will therefore be a path toward true happiness.

### **15) I Release Negativity And Hold On To Joy**

To be enjoyable one needs to let go of all the negativity and this way you create room for enough joy. I, therefore, encourage you to use this affirmation more frequently as it opens your eyes to the goodness and joy of life allowing you to cling on to it always.

### **16) To Retain Joy, I Give It**

For anyone to be happy, they should also learn to put it in other people's lives. You can't be happy in your world when others are not enjoying it so what you should do is create a world of happiness for yourself, your friends and family members. Giving other people happiness is dependent on your actions, words and attitude.

### **17) I Feel Peaceful And Joyful**

If you believe in the fact that you are peaceful and joyful, then you will grow to be exactly that. It should begin with you understanding why it is important to acknowledge the fact that you have so much joy and peace within you and from there you have a way of nurturing them.

### **18) It Is Fine To Shine With Happiness**

It is your right to be happy, and no one should tell you otherwise, it means that you are living life to the fullest. What I mean is that if you are living then make sure you do it the best way possible and this is made possible when you create your happiness.

### **19) I Create Peace And Harmony For Myself**

Peace and harmony are important factors which contribute to a person's general happiness. With this affirmation, you will understand that you have it within you the power to create your harmony and peace. By believing in this then all that will follow is so much joy and happiness.

### **20) My Happiness Is Here To Stay**

No one should ever be worried of the thought that because they are so happy right now that there will come a time when they have to be sad. If you know the kind of things that contribute to your happiness, then much of what you need to do is focus on them.

### **21) I Depend On Myself For My Happiness**

It is only you who can cultivate enough joy, and you should never depend on external forces. So many people are not finding life fulfilling because they are waiting for a particular thing to happen for them to claim happiness.

## **22) I Am Happy About Everything In My Life**

You might not be where you want to be or might not have all that you wish for but this should never be a reason for you not to enjoy life's happiness. By affirming to the fact that you are happy with everything in your life then you will be happy.

## **23) I Accept All Kinds Of News With Peace And An Open Mind**

There are all sorts of experiences in life and with an open mind, you can change so much about yourself and also create long-lasting inner peace. What am trying to say is that no matter what news you always get, have a way of accepting it and not making it your end.

## **24) I Live In The Moment**

The past is already gone, and we have no control of what the future holds so why not spend your life enjoying the present moment because it is the only time you are sure of. When you say that you are living in the moment, then all your thoughts and feelings will be forced to remain in the present too.

## **25) Happiness Will Make Me A Better Person**

It is meant to help you know the benefits of being happy, and when you do, then you will always strive to attain real happiness in life. The truth is that happiness changes every aspect of your life, and you should, therefore, live happy because you can.

# CHAPTER FIVE

## AFFIRMATIONS FOR SELF-ESTEEM



To build self-love one has to ensure that they work on creating self-esteem because this is what allows them to appreciate themselves and most importantly believe in who they are. Self-esteem is all about feeling good about yourself and is what you need to succeed in any field. Your ability and inability to love yourself will determine how you live your life and how great or bad it turns out to be. Self-esteem is the most important tool in building a happy and fruitful life and is the reason why you need to make these affirmations a part of you. With self-esteem you will be able to love and respect yourself enough and others will respect and love you too. As you work on cultivating your self-esteem you will be building your self-love in the process too. If you analyze deeply you will realize that a big part of your life problems are rooted in limited and faulty beliefs buried deep in your subconscious mind.

### **1) I Believe In Everything About Me**

If you can't believe in yourself then you can't expect any other person to believe in you because it is always said that how you feel about yourself and how you treat yourself is exactly how other people will feel and treat you. It is therefore very important to keep reminding yourself how much you believe in yourself and this affirmation is what you need. Confidence and [self esteem](#) only comes when you have enough faith in yourself and in your abilities.

### **2) I Have So Many Good Qualities**

We were all created with our uniqueness and so much of what you can do not many can and you should make enough effort to actually understand how equipped you are. You might be looking down on yourself because of certain things but the truth is that you have more good qualities and is enough reason for you to believe in yourself and love yourself too.

### **3) I Am Always Growing And Developing**

Who you are right now is not who you are going to be in future, so if you don't love some things about your life then you should know you are a work in progress. Every single moment is an opportunity to grow and develop and you will at one point become the best of what you want.

### **4) I Love And Accept Myself Unconditionally**

Every single person has his/her own strengths and weaknesses and whatever yours it is your responsibility to always exercise so much self-love. By reminding yourself of the unconditional self-love you feel then it will keep growing.

### **5) I Am Loved And Respected**

Many individuals lack self-esteem because they believe they don't mean much to others but this mostly is always just in the mind. If you believe in others love and respect towards you then it will all come to you. Affirming this every single time will make you more confident and comfortable when around people.

### **6) I Have The Freedom To Make My Own Choices**

The truth is that it is your life and you have full responsibility of it so no one can make you feel useless when it comes to making personal decisions. By believing in the fact that you are free to make decisions and choices then you will never allow anyone to demean you and will be the master of your own life.

### **7) I Deserve The Best In Life**

There is so much good in this life we live and it is not limited to specific individuals, one should therefore never limit their thoughts to specific things as we all deserve the best. Whoever you are and wherever you are you have so much potential to live the kind of life you desire.

### **8) I Am Never Alone**

You are never alone in this world even if your mind keeps telling you that you are. You could have gone through so much pain and may feel as if you don't deserve others but I assure you people love and care about you so much. The only problem could be that you are focusing on so much negative things and people too and have no room for the best of what life gives. By affirming to this every part of you will start to believe you are never alone and you will begin to enjoy life more.

### **9) I Define Myself By Greatness**

We are all great in our own ways and believing in your greatness is so much of what you need to cultivate self-love and self-esteem. You might not have gotten to where you want to be in life but the fact that you have come this far is proof enough of your greatness.

### **10) The Life I Live Is Awesome**

The kind of life you are living right now is good in its own way and you should never judge yourself for any reason. Appreciate your way of living and don't ever think any other person is having it better than you.

### **11) I Appreciate All That I Have**

It is through gratitude that every area of your life changes for the better and I encourage you use this affirmation often if you want to always feel great as a person. People spend so much time looking for more that they forget to notice the little things that life offers. The truth is that no matter how little you think they are they make a big part of your life.

### **12) I Have So Much Confidence**

When anyone makes an effort to believe in their confidence then they are in a better position to make it grow from time to time. You should therefore keep reminding yourself that you actually have so much confidence.

### **13) Am Receiving The Best Of What Life Has To Offer**

As you are wasting your time feeling bad about yourself and wanting other people's lives, someone somewhere simply wishes they had just a quarter of what you have. The best way to live is to know you are in a better place and are getting the best of everything.

### **14) I Am Proud Of Who Am Turning Out To Be**

This is a way of making you know that you are great and that are proud of the progress being made. Where you were a year ago and where you are right now are two different places and you should respect yourself for making progress.

### **15) I Trust Myself And In Everything About Me**

By trusting in yourself nothing will ever deter you from growing and you will be strong enough conquer so much. There will be no room for self-doubt and nothing or no one will make you feel not good enough.

### **16) I Am Talented In So Many Ways**

This is meant to assure you that you are gifted and are good enough even if situations or people try to tell you otherwise.

### **17) My Opinions And Thoughts Are Of Value**

By believing that your thoughts and opinions are of value you will never doubt what you say to others and what you feel about certain things. You will know the much respect you deserve and will demand for it.

### **18) I Believe I Can Achieve Anything**

You could be struggling at this point but keep reminding yourself of the ability to achieve anything and you will. It is your feelings and thoughts that determine how far you go in life so make sure they are all in your favor.

### **19) My Self Image Is Getting Better Every Single Day**

How you view yourself and how other people view you is not constant because you are getting better at who you are and at what you do so why not give yourself enough credit.

### **20) I Am Worthy Of Having High [Self Esteem](#)**

You are worthy of having self-esteem because you are a great person and if you lack self-esteem then you need to work on building it. This is because life requires you to respect and appreciate who you are as a way of opening a path to better things in life.

### **21) Working On My Self-Esteem Is Very Important**

This affirmation will help you enhance the need to work on having enough self-esteem and you therefore need to use it from time to time. Affirming to this pushes you to make enough effort to love who you are and build the best for yourself.

### **22) Am Naturally Confident And Courageous**

From a young age everyone is always confident and courageous but life happens and we lose this. You should therefore know that it is in you to be very confident and have faith in yourself. You have no reason to feel bad about who you are or not love yourself enough.

### **23) I Always Stand On My Own Feet**

You need to know that no one else is responsible for your life, if you can't love, respect and appreciate yourself then no one will. You need to make yourself understand that you are your own person and you are all you got. This builds an inner strength and enables you to be a better person.

### **24) I Forgive Myself For Everything**

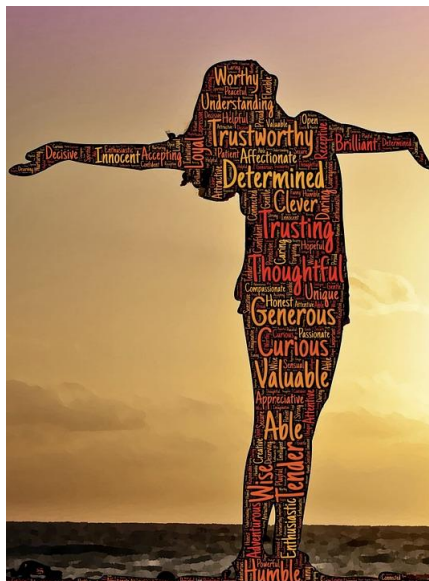
You could be the reason why you are not living the kind of life you wanted but learning to forgive yourself is the only way you will easily create a path to success. When you learn to forgive yourself you will let go of so much burden and will have so much self-esteem.

### **25) I Let Go Of Negative Thoughts And Feelings About Myself**

By affirming to this you will learn to let go of any negativity towards yourself and will begin to feel more confident and have more self love. What is holding back a number of people from making progress in life is limiting thoughts and beliefs.

## CHAPTER SIX

### AFFIRMATIONS FOR THE SPIRIT



This part of the book aims at introducing you to some of the general mind affirmations which will help you change every part of your life. This far you already know that affirmations are the best tool for attaining success and thus improving your whole life. For many to love themselves enough, they need to see things changing and their lives progressing. These affirmations are meant to help you have a different approach to life and know your real worth. The best thing about it all is that they will enable you have high spirits and thus live a happier and more meaningful life.

#### **1) I Can Achieve Greatness**

You have all that is required for you to make all your goals and dreams a reality because you are uniquely talented. Don't ever allow you anything or anyone to tell you otherwise, if you can think it, then you can achieve it.

#### **2) My Body Is Healthy**

You may be struggling with your body size or health but by affirming to the fact that you are healthy then, your body obeys that. Many people get sicker because they worry so much, and every part of them ends up giving up. Keep telling yourself every single moment that you are healthy and you will be.

### **3) I Have A Brilliant Mind**

You are brilliant both in mind and heart, and you deserve the best, nobody should control or undermine you. If you don't have a solution to your problem right, you will in due time.

### **4) I Am A Beautiful Person**

The truth is that you are beautiful both inside and outside and never think of being someone else. God made you in his image, and He loved what became so why shouldn't you.

### **5) I Make Mistakes Because Am Human, But They Will Not Define Me**

The worst thing you can do is allowing your mistakes to explain every other aspect of your life. We all make mistakes at some point in time, but people learn to move away from them because they believe they can do better. Use this affirmation so that you won't keep judging your actions and also get to learn from your mistakes.

### **6) I Have The Ability To Handle All That Comes My Way**

Whatever path you decide to follow there will always be obstacles and challenges and you have the strength within you to overcome all that. If you feel weak inside, then affirm to the fact you can do everything whether big or small.

### **7) Even In Bad And Challenging Times, I Will Keep Going**

Whatever it is you face in life you should have a growth mindset, that which pushes you to keep going but not giving up. You can never know how far you can go unless you keep trying.

### **8) Am More Than What People Think Of Me**

There are all kinds of people in life and am sure you have in your life those who hold so much negativity against you. It should never be a big deal if you know there are so much great things about you than what people think.

### **9) No One Can Measure My Value As A Person Because My Greatness Is Beyond Their Scope**

You are the only one who knows your potential and should never let others tell you what you can and what you can't do.

### **10) I Will Treat Myself Very Well Today Because I Deserve It**

It is through treating yourself with love and respect that you begin enjoying and appreciating every other thing in your life. Self-love grows with time and can only be enhanced by simple acts like forgiving yourself.

### **11) I Have So Much Potential Within Me**

You need to believe in the fact that there is more than potential in you and that nothing in life is impossible to accomplish. By believing in your potential, you will believe in other things about yourself.

### **12) I Will Overcome All My Fears**

It might not be today or tomorrow, but you will finally be able to overcome all your fears in life because you can. It will be a path to creating more possibilities.

### **13) I Might Not Be The Best, But I Will Make Sure Am My Best**

The mere reason every single person should have their definition of success is because you can only be the best of you. By this I mean you can succeed in your terms and not any other person

### **14) I Love And Respect Other People**

Affirming to this allows you to understand you are not the only important person in your life, but others are too. By learning to love and respect others then your life changes for the best.

### **15) I Will Not Allow Any Injustice Against Me**

People might try to break you or bring you down, but this happens if you allow it to. When you tell yourself that you will never allow any injustice, then you won't.

### **16) Even With Small Steps Am Making So Much Progress In Life**

You need to acknowledge all the efforts you are making towards building a better life even if you are taking baby steps.

### **17) Saying No Is Fine**

You don't always have to agree with what other people say because you might end up being a people pleaser. At times, it is okay to say no especially when things are not in line with your dignity and personality.

### **18) I Will Not Tolerate People Who Make Me Sad**

You might want to cling to every person who comes your way, but there are those who are not worth your attention. Learn to have people in your life who build instead of breaking you.

### **19) I Will Always Protect My Heart**

You are the only one who can protect your heart from hurt and other worries, and you need to affirm that you will always do that.

### **20) I Might Be Go Through A Hard Time But That Doesn't Me That My Life Is Worthless**

We will have both good and bad times but no matter how hard your situation is getting it does not mean that your whole life is doomed. You need to hang in there and believe that light will shine soon.

### **21) I Am A Very Responsible Person**

It is through responsibility that we can build better things in life and also live peacefully. By believing you are responsible then you will be, and every area of your life will improve.

### **22) I Fill The World With So Much Joy**

By affirming to this, you will understand that you are worthy and that what you do is changing some lives. You will also focus your efforts on making the world a better place for both you and those around you.

### **23) I Will Not Hold On To My Past**

By holding on to the past, it means you have no room for making progress in life but the moment you forget your past mistakes and downfalls you grow. This way you will focus on making the current count.

### **24) I Deserve The Best Relationship**

You don't have to be in a relationship because other people are in one if yours is bringing so much sadness then it is time to find the best. It might be hard to let go of what you have built, but it is all worth it.

### **25) I am the person I was meant to become**

We all go through a certain journey in life, and you are who you were meant to be, don't let anyone tell you that you are worthless.

### **26) I have the power to let go of hurt and anger**

It is by holding on to anger and so much hurt that your life becomes stressful. Free yourself from this pain by forgiving yourself and others too. It may sound complicated, but when you try, then you will be able to.

## **Conclusion**

It is my hope that this book was able to help you understand what affirmations are and what they can do to your life. So much was covered, but most importantly you need to have learnt how to use affirmations to cultivate self-love. Affirmations are meant to build positivity in us by changing our thoughts, feelings attitude. Every chapter of the book focused on particular things which I believe was able to help you grow as a person. Make this an opportunity not only to change your life but also for those in your life. It has covered very specific affirmations but the best of all and I know you will now be able to make a big difference in your life.

## Resources Page

Did you enjoy *101 uplifting affirmations*?

I assume you did, otherwise you will not have reached to this page and you're probably wondering... "*Where do I go from here?*"

Well, *101 uplifting affirmations* is just the start.

In the following pages, you'll find resources that are more focused on the specific areas you might want to work on... for example, self-confidence, inner peace and financial abundance. Feel free to check them out and get them if you need specific help on that area of your life.

I'd also highly recommend you use a complementary subliminal affirmations software like <http://www.manifestationmiracle.net> together with *101 uplifting affirmations* for maximum effect. However, that's entirely optional... Get it only if you want to be successful faster than others.

Remember that ACTION is key to making these *101 uplifting affirmations* work for you.

So don't just know the *101 uplifting affirmations* but DO NOTHING else at all... because NOTHING's likely to happen...

I always like to use the example of the guy who's looking forward to winning the lottery but does not even bother to go out and buy a lottery ticket. LOL...

Personally I've invested over \$30,000 on personal development seminars and products, read 200+ books on relevant topics related to my business and used that knowledge, hand in hand with the *101 uplifting affirmations* I've given you to be become successful in life and business.

You don't necessarily have to follow in my footsteps but do remember that continual investment in your education, whether in the area of learning how to better use the [law of attraction](#) to your favour or specific business/life skills is going to pay off handsomely in the long run.

With that, I'll leave you to explore the resources on the following pages... Hope you enjoyed this eBook & may the universe bring you everything you desire!

## **Self-help resources**

[Instant Switch](#) - Watch this short video to find out what could be the reason why your switch isn't on! Find that switch and your life could be changed forever!

Get Yours [Here!](#)

[Cosmic Success](#) – A new revelation in manifesting your reality. Have an open mind and try it. This could be the missing piece to the law of attraction.

Get Yours [Here!](#)

[Amazing you](#) – You are special, unique and amazing. Don't tell anyone tell you others. Watch this video, I truly enjoyed the 5 mins.

Get Yours [Here!](#)

[Charka Activation System](#) – The secret to be at one with the universe, to be with total harmony with all there is. It could be most amazing experience in one's life.

Get Yours [Here!](#)

Secret Brain System - Find out the ancient secret of the rich!

Get Yours [Here!](#)

## **Health and fitness resources**

[Unlock your hip flexors](#) – Watch the video to find out how to unlock the secret unlock a hidden muscle that will give you more energy, Strength and athletic performance in as little as 15 mins.

Get Yours [Here!](#)

[The Beta Switch](#) – Stubborn Fat loss for women. If you are struggling to lose weight, and want to do with as little effort as you can, please click for more information

Get Yours [Here!](#)

## **Resources for Social Success, Confidence and Relationships**

[Panic Away](#) – A Revolutionary New Technique to Cure Acute Anxiety and Panic Attacks In Easy-To-Follow Steps Without Any Medication:

Get Yours [Here!](#)

[The Magic Of Making Up](#) – Now You Can Stop Your Break Up, Divorce or Lovers Rejection...Even If Your Situation Seems Hopeless:

Get Yours [Here!](#)

[Text Your Ex Back](#) – How to get your ex girlfriend or ex boyfriend back using simple little text messages:

Get Yours [Here!](#)

[Text the Romance back](#) – A few simple text messages can put the romance back into your life:

Get Yours [Here!](#)

### **For the Ladies only:**

[How to make him desire you](#) – Watch this short presentation and discover the real reasons why men lose interest, what makes him stay in LOVE, and how to dramatically improve your love life... forever...

Get Yours [Here!](#)

### **For Men only:**

[The Tao of Bad Ass](#) – Dating Advice for Men:

Get Yours [Here!](#)

## **Join the 67 Golden Rules Facebook Community!**

I founded the [67 Golden Rules Facebook Community](#) on 20 December 2015 with the goal of inspiring 10 million lives to be successful in life and business.

This is a personal invitation from me to you to join us in our mission to inspire successful lives. On this empowering facebook community, you'll find powerful affirmations and quotes that will serve to uplift, motivate and inspire you daily.

Join the 67 Golden Rules Facebook Community [here](#) (Just click 'Like' to join... It's completely FREE):

If any of the affirmations and/or quotes resonate with you, I ask that you use the "share" function on Facebook to share them on your personal Facebook wall so that your friends, family and loved ones will benefit from all the positive energy too.

This will also enable our community to GROW... and get us closer to the 10 million fans goal!

Thank you for being part of this success movement...

I look forward to connecting with you more through my newsletter and the Facebook community... Talk to you soon...

To never ending success

Koh Yu Meng Hubert

Founder & Chief Success Officer

<http://www.67goldenrules.com>