



creative affirmations

Positive Word Dictionary

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Positive Word Dictionary

Below you will find the *ultimate* positive word dictionary featuring **more than 390** positive words with their meaning and an example affirmation. The definitions have been edited to represent the positive, main-stream definition of each word in a concise format.

Selected definitions are from the Microsoft Encarta Dictionary 2009 (North America), except as indicated by footnote.

The aim of an affirmation is to adjust your habits and behaviors toward the life you choose. The affirmations are written to be short, simple and in everyday language that is easy to remember and repeat.

The most important point about saying affirmations is that they must feel true for you. An affirmation is a “declaration of truth.” If an affirmation does not feel true for you, adjust the wording until you can believe, and feel the truth of, each statement.

Most of all...enjoy!

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A

Absolutely

- Adds emphasis; unconditionally.
- Affirmation: I am willing to trust *absolutely*.

Abundant

- Plentiful; providing more than enough.
- Affirmation: I choose to see the ways that I am *abundant*.

Accept

- To take something offered; to come to terms with something or to endure; to believe something.
- Affirmation: I am willing to *accept* life's challenges.

Acclaimed

- To praise someone highly; to shout enthusiastically.
- Affirmation: I choose to put in the work to become *acclaimed* at my talent.

Accomplishment

- The achievement of something; talent.
- Affirmation: I celebrate big and small *accomplishments*.

Achievement

- Success; finishing well; earned social status.
- Affirmation: I am capable of astounding *achievement*.

Action

- To do something toward a goal; movement; verve.
- Affirmation: I consistently take the next *action* in front of me.

Active

- Moving about; busy; doing something; having an effect.
- Affirmation: I choose to be *active* in a variety of social circles.

Activist

- Vigorous action.
- Affirmation: I am willing to become an *activist* for those that need my help.

Acumen

- Sharpness of mind.
- Affirmation: I possess strong *acumen* about my surroundings.

Adjust

- To change something slightly; adapt to new circumstances.
- Affirmation: I am willing to *adjust* my habits to support my health.

Admire

- To be please by somebody or something.
- Affirmation: I take time to *admire* the beautiful, scenic and stunning.

Adopt

- To choose and decide to use something; to assume an attitude or way of behaving.
- Affirmation: I choose to *adopt* and open mind when meeting new people.

Adorable

- Very pleasing.
- Affirmation: I compliment things I find *adorable* with an attitude of joy and thanksgiving.

Adored

- To love someone deeply; to like something very much.
- Affirmation: I am *adored* by the people closest to me.

Adventure

- Exciting experience; bold undertaking.
- Affirmation: I embrace life with a sense of *adventure*.

Affirmation

- Act of affirming; something affirmed; positive statement of achievement; declaration of the truth.
- Affirmation: My *affirmations* remind me of the truths I want to live by.

Affirmative

- True; indicating agreement.
- Affirmation: My commitment to my word is *affirmative*. Always.

Affluent

- Wealthy.
- Affirmation: I choose to see the numerous ways I am *affluent*.

Agree

- To be in accord; consent; admit as true; to decide.
- Affirmation: Each day my actions *agree* with my values.

Airy

- Roomy; carefree; ethereal; graceful.
- Affirmation: I move through life with an *airy* sense of security.

Alive

- Living; still in existence; full of life; animated.
- Affirmation: I start each day with gratitude for being *alive*.



Alliance

- Association of groups with common aim; forming of alliance; close relationship; marriage.
- Affirmation: I have a loving *alliance* with the people I hold dear.

Alter

- Change.
- Affirmation: I am willing to *alter* my behavior when it no longer serves me.

Ally

- Member of alliance; join in mutually supportive association; relate things; to connect or be connected.
- Affirmation: I attend meetings as an *ally* to the other attendees in the room.

Amaze

- To fill somebody with wonder.
- Affirmation: I have the potential to *amaze* others by acting in kindness.

Amity

- Friendliness.
- Affirmation: I offer *amity* to each person I meet.

Animated

- To make somebody or something lively; inspire somebody; to bring to life.
- Affirmation: I have the power to make my dreams *animated*.

Answer

- Response to a question; a way of solving something; response to action.
- Affirmation: The *answer* is already within me. Listen quietly for its soft whisper.

Appreciation

- Gratefulness; positive opinion; to highly value something; statement of praise.
- Affirmation: I enthusiastically, frequently, wholeheartedly express my *appreciation*.

Approve

- To like somebody or something; to give something official agreement or acceptance.
- Affirmation: I *approve* of myself just as I am.

Aptitude

- Potential to acquire skill; quickness in learning.
- Affirmation: I know that I have the *aptitude* to achieve my goals.

Artistic

- Good at art; tasteful; appreciative of art.
- Affirmation: I let my *artistic* flair shine.

Assertive

- Acting confidently; strong and pronounced.
- Affirmation: I choose to be *assertive* about the things that I believe in.

Astonish

- To amaze somebody greatly.
- Affirmation: I allow life to *astonish* me.

Astounding

- To surprise someone greatly.
- Affirmation: I clearly see the *astounding* miracle that life is.

Astute

- Clever and perceptive.
- Affirmation: I am *astute* at knowing when something is doing more harm than good.

Attractive

- Good-looking; agreeable; interesting.
- Affirmation: I choose to present my most *attractive* self to others.



Authentic

- Not false or copied; trustworthy; valid; in style of original period.
- Affirmation: I am brave enough to consistently present my *authentic* self.

B

Basic

- Most important; elementary; without extra; plain.
- Affirmation: I strip away assumptions and return to the *basic* facts of my situation.

Beaming

- Line of light; broad smile.
- Affirmation: Receiving love leaves me *beaming*. I pass that light along to others.

Beautiful

- Pleasing to the senses; excellent.
- Affirmation: I choose to believe that I am *beautiful*.

Believe

- To accept something as true; to accept someone as truthful; to think that something exists.
- Affirmation: I *believe* in the inherent goodness of Life.

Benefactor

- Financial supporter.
- Affirmation: I am my own *benefactor*.

Benefit

- Advantage.
- Affirmation: The *benefits* of my work clearly shine through to others.

Bighearted

- Kind and generous.
- Affirmation: I choose to act *bighearted* toward those who need it most.

Blessed

- Holy; beatified; bestowing joy.
- Affirmation: I am *blessed*.

Bliss

- Complete happiness; spiritual joy.
- Affirmation: I rest in the *bliss* of this moment.

Bloom

- Flower; flowering; healthy appearance or completion; prime.
- Affirmation: I am patient and allow my life to *bloom* in its own time.

Bountiful

- Generous; abundant.
- Affirmation: My joy is *bountiful* and I readily offer it to others.

Bounty

- Reward; abundant supply; generosity.
- Affirmation: I see that life's true *bounty* is love.

Brave

- Having or showing courage.
- Affirmation: I will be *brave*, especially when I'm scared.

Bright

- Showing light; illuminated; intensely colored; intelligent; cheerful; likely to be successful.
- Affirmation: I choose to let the *bright* light within me shine through.



Brilliant

- Extremely bright or radiant; vivid; intelligent or talented; splendid.
- Affirmation: My life is a *brilliant* mix of emotions. I honor them all.

Bubbly

- Cheerfully excited; like bubbles.
- Affirmation: I am willing to be present with each of my *bubbly* emotions.

Bunch

- Collection of things; group of people; a lot of people or things.
- Affirmation: There are a *bunch* of opportunities for me to take advantage of.

Burgeon

- Produce new growth; flourish.
- Affirmation: I have the potential to *burgeon* problems into opportunities.

C

Calm

- Not anxious; not stormy; peace and quiet.
- Affirmation: I express my opinions to others with caring and *calm*.

Care

- Be concerned; feel affection and concern; to tend to someone or something; to like or want something.
- Affirmation: I choose to *care* about my body.

Celebrate

- To show happiness at something; to mark an occasion; to praise something.
- Affirmation: I do small things each day to *celebrate* the people in my life.

Certain

- Without doubt; known or set; inevitable; reliable; undeniable but difficult to define.
- Affirmation: I am *certain* that things will work out well for me.

Change

- To become or make different; to replace something; to pass from one state to another.
- Affirmation: I am willing to *change* for the better.

Character

- Distinctive qualities; positive qualities; reputation; somebody in a book or movie.
- Affirmation: I demonstrate good *character* in uncomfortable situations.

Charitable

- Generous; sympathetic; collectively dispensing help.
- Affirmation: I choose to be *charitable* with my time, energy and money.

Charming

- Having the power to delight or attract people; fascinating.
- Affirmation: I will be *charming* when it is least expected.

Cheer

- A shout of approval; well-being and optimism; to make someone feel cheerful.
- Affirmation: I *cheer* on others toward their dreams.

Cherish

- To love and care for someone; to value something highly; to retain something in mind.
- Affirmation: I take time to *cherish* each moment with my family.

Clarity

- Clearness of expression; clearness of thought; transparent quality.
- Affirmation: I am willing to ensure *clarity* before I move forward with a project.



Classy

- Stylish.
- Affirmation: I conduct myself in a *classy* manner.

Clean

- Not dirty; unadulterated; washed; particular about personal hygiene.
- Affirmation: I choose to maintain a *clean*, serene environment.

Clever

- Showing intelligence; glibly facile; dexterous; easily managed.
- Affirmation: I effortlessly create *cleaver* solutions when problems arise.

Closeness

- Near; about to happen; in a friendly relationship; closely related; regular contact.
- Affirmation: I foster *closeness* with others by giving first.

Commend

- To praise; endorse someone or something; cause something to be acceptable.
- Affirmation: I choose to *commend* my efforts no matter the outcome.

Companionship

- Relationship of friends; group.
- Affirmation: I am grateful for the *companionship* of others.

Complete

- Whole; finished; absolute; perfect; successfully caught.
- Affirmation: I motivate myself by focusing on the benefits of each task I am about to *complete*.

Comradeship

- Friend or companion; fellow soldier, member or coworker.
- Affirmation: I am willing to give my full effort to the *comradeship* of my team.

Confident

- Self-assured; convinced; excessively forward.
- Affirmation: I walk into each experience *confident* in my ability to do my absolute best.

Connect

- To link two things; to get along well; to associate someone or something with another.
- Affirmation: I clearly see the *connection* between me and all that exists.

Connected

- Joined together; related; with beneficial social connections; logical and intelligible.
- Affirmation: I am *connected* to a power greater than I can perceive with my senses.

Constant

- Ever present; happening or done repeatedly; not changing or varying; constant.
- Affirmation: I choose to be *constant* in my faith.

Content

- Subject matter; meaning or message; intellectually interesting material.
- Affirmation: I can be *content* right here, right now. Just as things are.

Conviction

- Firmly held belief; firmness of belief.
- Affirmation: I have *conviction* about the power of love.

Copious

- Abundant.
- Affirmation: I have *copious* resources for achieving my goals.

Core

- Essential part; center of Earth; central part of fruit.
- Affirmation: People are kind at their *core*.



Coupled

- Two similar things; several; two people sharing lives; two people doing something together.
- Affirmation: I am willing to patiently wait for the right person to be *coupled* with.

Courageous

- Quality of being brave.
- Affirmation: I have the strength and ability to be *courageous*.

Creative

- Able to create; new and original; resourceful.
- Affirmation: I spent time exploring my *creative* abilities.

Cuddle

- Tenderly hug or nestle; assume comfortable position.
- Affirmation: I *cuddle* when cuddling feels right.

Cultivate

- Prepare land for crops; grow a plant; loosen soil; to nurture something; to develop acquaintance.
- Affirmation: I *cultivate* my talents and share them with others.

Cure

- To heal somebody; to treat illness successfully; to resolve problem.
- Affirmation: I am open to the many ways my *cure* may come.

Curious

- Eager to know something; too inquisitive; odd; very intricate.
- Affirmation: I am willing to adopt a *curious* attitude about life.

Cute

- Attractive in a childlike way; physically attractive; pleasing.
- Affirmation: I see my quirks as *cute*.

D

Dazzling

- Very bright; striking.
- Affirmation: I have a *dazzling* array of possibilities open to me right now.

Delight

- Joy; someone or something giving joy.
- Affirmation: I *delight* in life's small pleasures.

Direct

- To supervise someone; to instruct someone; to focus attention on something; to aim.
- Affirmation: I choose to *direct* my focus toward things that are in my control.

Discover

- To find out about something; to be the first to find or learn something; to first notice interest.
- Affirmation: I am willing to *discover* new solutions to old problems.

Distinguished

- Recognized for excellence; confident and dignified; successful.
- Affirmation: Silence is a *distinguished* guest in my home.

Divine

- Having godlike nature; connected with worship; relating to God, gods or goddesses; lovely.
- Affirmation: I trust that my challenges are part of a *divine* plan.

Donate

- To give or present something; to give a body part.
- Affirmation: I *donate* my compassion to other's grief.



E

Each Day

- Every one period of 24 hours, sunrise to sunset, or time of activity.
- Affirmation: *Each day* I accept things as they are.

Eager

- Enthusiastic and excited about doing something; full of enthusiasm and impatience.
- Affirmation: I have the potential to be *eager* about work.

Earnest

- Serious and solemn; done in a deeply sincere way.
- Affirmation: I pray in *earnest*.

Easy

- Not difficult; relaxed and informal; good-natured.
- Affirmation: A challenge can turn out to be *easy*.

Ecstasy

- Intense delight; intense feeling or activity; loss of self-control.
- Affirmation: I sense the *ecstasy* that can come from being openhearted.

Effervescent

- Bubbly; vivacious.
- Affirmation: I choose to enter each room with *effervescent* poise.

Efficient

- Well-organized; able to function without waste.
- Affirmation: I approach my work in an *efficient*, productive way.

Effortless

- Done with no effort.
- Affirmation: Love is *effortless*.

Electrifying

- Exciting and riveting.
- Affirmation: Each experience has the potential to be *electrifying*.

Elegance

- Style and good taste; conciseness.
- Affirmation: I choose to behave in a manner of *elegance* and grace.

Embrace

- To hug someone; to make use of something; to adopt something; to comprise something.
- Affirmation: I *embrace* the power I have to change the world.

Encompassing

- To include much; to encircle something; to cause something to occur.
- Affirmation: I offer others an all *encompassing* kindness.

Encourage

- To give someone hope or confidence; to urge someone to do something; to foster something.
- Affirmation: I choose to *encourage* myself, even when things could be better.

Endorse

- To approve something formally; to support someone or something; to promote a product.
- Affirmation: I am willing to *endorse* myself.

Energized

- To give someone or something energy; to make or become active.
- Affirmation: I have the potential to feel *energized* each morning.



Energy

- Ability to do things; vigor; forceful effort; power supply or source; capacity to do work.
- Affirmation: I have the *energy* to pursue the things that I am passionate about.

Enjoy

- To find something pleasing; to have use of something; to have a good experience.
- Affirmation: I choose to focus on the things I *enjoy* about my work.

Enormous

- Unusually large.
- Affirmation: I have an *enormous* amount of love to give.

Enthuse

- To be or make enthusiastic; to say with enthusiasm.
- Affirmation: I *enthuse* others with my energy.

Enthusiastic

- Showing excited interest.
- Affirmation: I choose to be *enthusiastic* about this next step.

Entirely

- In every way; only.
- Affirmation: I am *entirely* devoted to seeing my dreams become a reality.

Essence

- Identifying nature; more important feature; perfect form.
- Affirmation: I honor silence as the *essence* of my spiritual practice.

Established

- Thriving; accepted as true; successful; growing successfully.
- Affirmation: My *intuition* is a valid way to inform a decision.

Esteem

- To value someone or something highly; to regard something in a particular way.
- Affirmation: I have the potential to develop high self-*esteem*.

Everyday

- Ordinary and unremarkable; occurring each day.
- Affirmation: I choose to make time *everyday* for self-care.

Everyone

- Every person.
- Affirmation: I bring kindness to *everyone* I encounter each day.

Excited

- To stimulate favorably; to arouse emotion.
- Affirmation: I find *exciting* ways to stay healthy.

Exciting

- Causing excitement.
- Affirmation: I find joy in other people's *exciting* moments.

Exhilarating

- To make someone feel happy and alive.
- Affirmation: I soak in the *exhilarating* energy of the sun.

Expand

- To make or become larger; to describe something more fully; to open out; to give full form of something.
- Affirmation: Each day I *expand* my personal awareness just a bit further.

Explore

- To travel for discovery; to investigate or study something; to search for natural resources.
- Affirmation: I fully *explore* and utilize my internal resources.

Express

- To say something; to show meaning symbolically; to reveal your thoughts.
- Affirmation: I easily *express* what is on my heart and mind to say.

Exquisite

- Very beautiful and delicate or intricate; excellent; sensitive and discriminating; intense.
- Affirmation: Life is an *exquisite* tapestry of ups and downs.

Exultant

- Joyful.
- Affirmation: I sit, breathe and allow this *exultant* moment to take over.

F

Faith

- Belief or trust; religion or religious group; trust in God; set of beliefs; loyalty.
- Affirmation: I have *faith* in a Higher Power that guides and sustains me.

Familiar

- Often encountered; acquainted with something; friendly; familial.
- Affirmation: I am slowly becoming more *familiar* with my authentic self.

Family

- Group of relatives; people living together; lineage; offspring; group with something in common.
- Affirmation: I forgive my *family*. They did the best that they could at the time.

Famous

- Very well known; excellent.
- Affirmation: I have the potential to be *famous* at my craft by mixing hard work with talent.

Feat

- Notable act.
- Affirmation: I have the capacity to surprise myself by performing this challenging *feat*.

Fit

- Be the right size or shape; be appropriate; be compatible.
- Affirmation: I am beginning to make peace with myself and *fit* in my own skin.

Flourish

- Be healthy or grow well; do well; brandish something.
- Affirmation: I choose to find the right job that allows me to *flourish*.

Fortunate

- Lucky; resulting from luck; brining luck.
- Affirmation: I choose to see my life as *fortunate*.

Fortune

- Great wealth or property; large sum of money; fate; luck; destiny.
- Affirmation: I am willing to leave my *fortune* open-ended and trust that all will be revealed in due time.

Freedom

- Ability and right to act and speak freely; release from captivity or slavery; a country's right to self-rule.
- Affirmation: I have the confidence and courage to choose *freedom*.

Fresh

- Not stale; not preserved; additional or as replacement; new; excitingly different; wholesome; not tired.
- Affirmation: Each morning, I approach the day with *fresh* commitment to my values.

Friendship

- Relationship between friends; mutually friendly feelings; friendly relations.
- Affirmation: I devote time and energy to cultivate cherished *friendships*.

Full

- Filled to capacity; with much or many; greatest in extent; with nothing missing; completely developed.
- Affirmation: My life is *full* of things to be grateful for.

Funny

- Comical; strange; unconventional; unwell; tricky.
- Affirmation: I choose to see the *funny* nature of life's oddities.

G

Gather

- Form into group; harvest something; collect data; attract following; accumulate something.
- Affirmation: The resources and people I need *gather* to move me along my path.

Generous

- Kind; noble; substantial; full-flavored.
- Affirmation: The thought to be *generous* always comes first.

Genius

- Someone with outstanding talent; someone with specific skill; quality; guardian spirit; influence.
- Affirmation: I have an inner *genius* that I honor by studying new and exciting things.

Genuine

- Real; sincerely felt; candid; pure bred.
- Affirmation: I have the daring to be *genuine* with other people. Always.

Give

- Pass something to someone; grant something to someone; communicate something convey something.
- Affirmation: I *give* before I expect to receive.

Glad

- Delighted; cheerfully willing; grateful; pleasing; bright.
- Affirmation: I am *glad* to have the life I have even with all of the twists, turns and bumps in the road.

Glow

- Light from something hot; soft steady light; soft reflected light; rosinness of completion.
- Affirmation: *Glow* on!

Good

- Of high quality; suitable; skilled; virtuous; kind; affording pleasure.
- Affirmation: I have the ability to be *good* at the work I choose.

Gorgeous

- Kind; noble; substantial; full-flavored.
- Affirmation: Dang, I look *gorgeous*!

Grace

- Elegance; politeness; generosity of spirit; prayer at mealtimes; gift of God to humankind; pleasing quality.
- Affirmation: I clearly recognize *grace* in my life.

Graceful

- Elegant and beautiful; poised and dignified.
- Affirmation: I can feel power in the *graceful* way a bird soars into the clouds.

Gratitude

- Thanks.
- Affirmation: I choose to express *gratitude* each day.

Green

- Grass-colored; advocating protection of the environment; not ripe; new; unseasoned.
- Affirmation: Even though I'm *green*, I have the potential to performing well.

Grin

- Smile broadly.
- Affirmation: I will offer a *grin* to everyone I pass today.

Group

- Set of people or things; people with something in common; band of musicians.
- Affirmation: I demonstrate loyalty to my *group*.

Grow

- Get bigger; become larger or greater; develop naturally; be a product of something.
- Affirmation: I am willing to *grow* in my personal and professional life.

H

Handsome

- Good-looking; substantial; impressive.
- Affirmation: I trust that my effort will receive a *handsome* reward.

Happy

- Feeling pleasure; causing pleasure; satisfied; willing; fortunate; tipsy.
- Affirmation: I am *happy* for other people's success.

Harmony

- Friendly agreement; pleasing combination of sounds; pleasantness in agreement.
- Affirmation: I am in *harmony* with Life's plan for me.

Healed

- To cure from ailment; put something right; to be repaired naturally; to recover spiritually or emotionally.
- Affirmation: Each day, I put effort toward being *healed*.

Healing

- Process of curing of becoming well.
- Affirmation: *Healing* may come from an unexpected or conventional source.

Healthful

- Beneficial to health.
- Affirmation: I make *healthful* choices.

Healthy

- In good condition; beneficial to health; suggestive of good health; functioning well; psychologically sound.
- Affirmations: I choose to act in a *healthy* way.

Heart

- Blood-pumping organ; basis of emotional life; character; compassion.
- Affirmation: I choose to live a *heart*-based life.

Hearty

- Sincere and enthusiastic; loud and enthusiastic; healthy; strongly felt; substantial and nourishing.
- Affirmation: I have a *hearty* ability to rebound from setbacks.

Heavenly

- Of God and heaven; in the sky; lovely.
- Affirmation: My inspiration is *heavenly*.

Helpful

- Providing help.
- Affirmation: I am willing to be *helpful* when asked.

Here

- In this place; at this point or stage; now; indicates offer; life on Earth.
- Affirmation: I am *here* for a reason.

Highest Good

- Of the most favorable quality; at the peak of virtue, kindness or skill.
- Affirmation: I trust that my *highest good* is the reality I see before me.

Hold

- To grasp something; to lift and support something; to fix something in position; to embrace someone.
- Affirmation: I *hold* tight to the commitments I have made with myself and others.

Holy

- Consecrates; saintly; sacred; awe-inspiring.
- Affirmation: Even mundane things have the potential to be *holy*.

Honest

- Morally upright; truthful or true; impartial; unpretentious; respectable; reasonable in particular situation.
- Affirmation: I am willing to be *honest* with myself and others.

Honor

- Personal integrity; respect; dignity; reputation; source of pride; mark of distinction; great privilege.
- Affirmation: I *honor* the boundaries of people's lives and their ability to make sound decisions.

Hug

- To embrace affectionately; to put your arms around something; to keep close to something.
- Affirmation: *Hug* it out!

I

I affirm

- To personally declare something to be true; to declare your support for something; to confirm something.
- Affirmation: *I affirm* my faith in a Higher Power.

I allow

- To personally let something happen; to let someone enter or be present; to let someone have something.
- Affirmation: *I allow* myself to fail. I forgive.

I am willing

- To be ready to do something voluntarily; to be helpful; offered voluntarily.
- Affirmation: *I am willing* to change my perspective to support my endeavors.

I am.

- Giving more information about your identity, nature; attributes, position or value.
- Affirmation: *I am* love.

I Can

- To personally be able to; to be likely to; to be allowed to; to be acceptable; to be possible.
- Affirmation: *I can* change my life.

I choose

- To decide among a range of options; to make a deliberate decision.
- Affirmation: *I choose* to be more productive and organized with my day.

I create

- To personally make something; to give rise to something; to produce inventions or art.
- Affirmation: *I create* my own opportunities.

I follow

- To come after someone; to add to something already done; to watch closely; to go the same direction.
- Affirmation: *I follow* my intuition.

I know

- To hold information in mind; to be certain about something; to realize something; to comprehend.
- Affirmation: *I know* that I have more potential within me.

I know, without a doubt

- To know without thinking something unlikely; to trust your certainty and/or realization.
- Affirmation: *I know, without a doubt*, that I am following my purpose.

I make

- To do something; to construct; to manufacture something; to formulate something; to understand.
- Affirmation: *I make* intelligent decisions that I trust completely.

I realize

- To personally know and understand something; to become aware; to achieve something.
- Affirmation: *I realize* the power I have to impact my future.

I take action

- To proactively do something toward a goal; to pursue movement; to get something done.
- Affirmation: *I take action*, even when I don't feel like it.

I trust

- Personal reliance; a position of obligation; care.
- Affirmation: *I trust* that I am on the right path for me.

Idea

- Opinion; suggestion; impression; plan; objective; brief outline; thought.
- Affirmation: I allow my *ideas* to take me in new creative directions.

Ideal

- Perfect example; principle; imaginary object or concept; the best; perfect; excellent.
- Affirmation: The *ideal* is to remember that I am special just as I am.

Imaginative

- Original; skilled at visualizing or thinking originally; tending to fantasize; of imagination.
- Affirmation: My *imaginative* side is great at problem solving.

Increase

- Enlargement; increasing in size.
- Affirmation: I am rewarded for each *increase* in effort.

Incredible

- Beyond belief; amazing; more than thought possible; excellent.
- Affirmation: My life is more *incredible* than I ever could have planned for.

Independent

- Not controlled by another; able to function by self; self-supporting; showing confidence in self.
- Affirmation: I choose to be an *independent* thinker.

Ingenious

- Inventive; clever and effective.
- Affirmation: I have the potential to find *ingenious* solutions to life's problems.

Innate

- Present from birth; integral; coming from mind.
- Affirmation: I choose to see people's *innate* kindness.

Innovate

- To try out new ideas.
- Affirmation: When things are not working, I am not afraid to *innovate*.

Inspire

- To stimulate someone to do something; to provoke a particular feeling; to cause creative activity.
- Affirmation: My vales *inspire* my actions.

Instantaneous

- Happening immediately; of value at given instant.
- Affirmation: Change is *instantaneous*. Tomorrow is impacted by this very moment.

Instinct

- Strong natural impulse; biological drive; knack.
- Affirmation: My *instinct* is to wholeheartedly contribute to the lives of others.

Intellectual

- Relating to thought process; intelligent and knowledgeable.
- Affirmation: I am willing to take an *intellectual* approach to overwhelming circumstances.

Intelligence

- Ability to think and learn; secret information; gathering of secret information.
- Affirmation: I trust the *intelligence* of my gut instinct.

Intuitive

- Known automatically; knowing by instinct.
- Affirmation: I choose to honor my *intuitive* nature.

Inventive

- Skilled at inventing; displaying creativity; involved in invention.
- Affirmation: *Inventive* ideas flow through me effortlessly.

J

Joined

- To bring or come together; to fix things together; to make connection; to become part of a group.
- Affirmation: I am *joined* with my spiritual purpose.

Jovial

- Cheerful.
- Affirmation: I allow my *jovial* mood to shine through.

Joy

- Great happiness; something that brings happiness.
- Affirmation: *Joy. Joy. Joy.*

Jubilation

- Rejoicing and celebration.
- Affirmation: I choose to make life a *jubilation*.

K

Keen

- Sensitive; intense; sharp; biting; acute; enthusiastic; very good.
- Affirmation: I have a *keen* sense of the best decision to make.

Key

- Instrument for locking; door or lock opener; means; an important aspect; strategic place; list of answers.
- Affirmation: I trust that the *key* will unlock my potential when I am ready.

Kind

- Compassionate; generous; agreeable or safe; caring.
- Affirmation: I choose to be *kind*, even when others are not.

Kiss

- To caress with lips; to touch ball gently; to sideswipe something; to touch something gently.
- Affirmation: I *kiss* my past goodbye. I no longer need it, and it no longer needs me.

Knowledge

- Information in mind; specific information; all that can be known; learning through experience or study.
- Affirmation: *Knowledge* always serves me well.

L

Laugh

- Make sounds expressing amusement; to bring someone to state by laughing; to make noise like laughter.
- Affirmation: I choose to *laugh* at the irony of things not going my way.

Leader

- Someone whom people follow; someone in charge of others; someone or something in lead.
- Affirmation: I am willing to step up and be a *leader*.

Learn

- To acquire skill or information; to find out; to memorize something; to teach someone something.
- Affirmation: I am open to *learning* new things each day.

Legendary

- Belonging to legend; containing legends; like something in legend; famous.
- Affirmation: Today, I will make a *legendary* attempt at my dreams.

Let Go

- To not prevent something; to give someone permission; expressing suggestion; to let alone.
- Affirmation: I am willing to *let go* of beliefs that no longer serve me well.

Light

- God; energy producing brightness; quality of light; artificial source of light.
- Affirmation: Each person contains the same spark of *Light*.

Lively

- Full of energy; animated; enthusiastic; full of movement; refreshing; springy; responsive to steering.
- Affirmation: I choose to take a *lively* interest in things other people express excitement about.

Love

- To feel tender affection for someone; to feel desire; to like something very much; to show kindness.
- Affirmation: *Love* is all there is.

Loveliness

- Beautiful and pleasing; delightful; caring; attracting love.
- Affirmation: I am relaxed by the *loveliness* of the things I surround myself with.

Lucidity

- Rational; easily understood; shining.
- Affirmation: There is *lucidity* about looking at only the facts of a situation. That is when clarity arrives.

Lucrative

- Profitable.
- Affirmation: I have the potential to work in a *lucrative* profession.

Luminous

- Light-emitting; bright; illuminated; understandable; inspiring; relating to light.
- Affirmation: Silence can be *luminous*.

M

Maintain

- To make something continue; to keep something in working order; to declare something true.
- Affirmation: I *maintain* that my purpose is to give love and kindness freely.

Marvelous

- Amazingly impressive; extremely good.
- Affirmation: I have done a *marvelous* job!

Master

- Religious teacher; someone in control; abstract control; someone highly skilled; original copy.
- Affirmation: I am the *master* of my reactions.

Meaningful

- With meaning; significant; adding value to life.
- Affirmation: Each experience is *meaningful* in its own way.

Meditate

- To empty or concentrate mind; to think carefully about something; to plan something.
- Affirmation: *Meditation* trains my mind to become a supportive ally.

Mend

- To restore something to satisfactory condition; to remove damage; to improve something; recover or heal.
- Affirmation: Each day, things that seem to have fallen apart *mend* together more and more.

Metamorphosis

- Change of physical form; change of appearance or character; supposed supernatural transformation.
- Affirmation: My *metamorphosis* is now underway.

Mind-Blowing

- Extremely exciting.
- Affirmation: I am always ready for a *mind-blowing* encounter.

Miracle

- An act of God; amazing event; marvelous example.
- Affirmation: I see a *miracle* shine through life's everyday events.

Mission

- Assigned task; calling; group of representatives; church work in the community.
- Affirmation: I take consistent action toward my *mission* in life.

Modify

- To make small changes; to lessen something; to affect a word's meaning; to change vowel sound.
- Affirmation: I am willing to *modify* my plan to fit new conditions.

Motivate

- To give someone incentive; to make someone willing; to cause someone's behavior.
- Affirmation: *Motivation* comes from taking small actions that create results.

Moving

- Arousing emotion; movable; in motion; caused by changing places.
- Affirmation: The speed that my life is *moving* at is exactly right for me.

N

Natural

- Of nature; conforming with nature; produced by nature; of physical world; like human nature; innate.
- Affirmation: The *natural* world is my connection to the divine.

Nature

- Physical world; forces controlling the physical world; countryside; temperament; real appearance.
- Affirmation: My true *nature* is to be loving.

Nourish

- To give food to someone or something; to support or foster something; to help something develop.
- Affirmation: I *nourish* my body with healthy food, plenty of exercise and lots of water.

Nourished

- To have been given food; to have been supported or fostered; to be helped with developing something.
- Affirmation: My mind is *nourished* by the choices I make in media and entertainment.

Novel

- A long story; refreshingly new.
- Affirmation: I am willing to take a *novel* approach when I feel stuck.

Now

- At present time; immediately; given current situation; up to present time.
- Affirmation: Change happens *now*!

Nurture

- To take care of young things; to encourage someone or something to flourish; to keep a feeling in mind.
- Affirmation: I *nurture* positive feelings that arise within me.

Nutritious

- Nourishing.
- Affirmation: I can prepare *nutritious* foods to be delicious and satisfying.

O

One

- Unique; used to distinguish something; a single thing or unit; typical individual.
- Affirmation: We are all *One*.

Open

- Not closed or locked; allowing access inside; not sealed; apart or wide; frank and honest.
- Affirmation: I allow my emotions to be *open*.

Openhanded

- Generous.
- Affirmation: I am *openhanded* with anything extra I have.

Optimistic

- With a positive attitude.
- Affirmation: I choose to go into each new experience *optimistic* about the outcome.

P

Paradise

- Place or state of perfect happiness; heaven; Garden of Eden; place ideally suited to someone.
- Affirmation: *Paradise* is wherever I choose it to be.

Party

- Social gathering for fun; political organization; group acting together; person.
- Affirmation: I accept *party* invitations as an opportunity to meet new people and be spontaneous.

Peace

- Freedom from war; tranquility; mental calm; harmony; law and order.
- Affirmation: Inner *peace* is the goal all of my other goals are striving for.

Perfect

- Without faults; complete and whole; excellent or ideal; especially suitable; skilled; utter or absolute.
- Affirmation: God is *perfect*, whole and complete.

Phenomenon

- Something experienced; something notable; extraordinary person or thing; object of perception.
- Affirmation: I am open to recognizing the *phenomenon* that life is.

Pleasure

- Happiness or satisfaction; sensual gratification; recreation; something satisfying; someone's desire.
- Affirmation: I am willing to delay immediate *pleasure* for future gain.

Plenteous

- Abundant; productive.
- Affirmation: A small drop of faith has *plenteous* ripples out into life.

Plentiful

- Abundant; producing a large amount.
- Affirmation: I have *plentiful* resources to accomplish my goals.

Plenty

- A large amount.
- Affirmation: I choose to see that there is *plenty* to go around.

Plethora

- Large or excessive amount or number.
- Affirmation: I have a *plethora* of things to be grateful for each day.

Poise

- Composure; controlled grace in movement; equilibrium; suspended state.
- Affirmation: My *poise* is appreciated by others.

Polish

- To make smooth or glossy; to improve.
- Affirmation: I continue to *polish* my skills.

Popular

- Appealing to general public; well-liked; believed by people in general; aimed at non-specialists.
- Affirmation: *Kindness* is always popular with others.

Positive

- Sure; irrefutable; optimistic; beneficial; encouraging good behavior; affirmative; adds emphasis.
- Affirmation: I am willing to see the *positive* aspects of things that appear negative.

Powerful

- Influential; strong; effective; persuasive.
- Affirmation: I am *powerful* enough!

Prepared

- Willing; ready to deal with something; made or made ready beforehand.
- Affirmation: I am *prepared* to deal with anything that comes my way.

Pretty

- With pleasant face; nice to look at; to a fairly large, noticeable, or reasonable extent.
- Affirmation: I choose to see myself as *pretty*.

Principle

- Basic assumption; ethical standard; way of working; source.
- Affirmation: I stand firm to my *principles*.

Productive

- Producing much; worthwhile; producing something; producing goods.
- Affirmation: Organization creates a *productive* day.

Project

- Task or planned program of work; unit of work; public work.
- Affirmation: I am willing to decline a *project* if it does not fit with my purpose and values.

Prominent

- Well-known; noticeable; sticking out.
- Affirmation: My faith is a *prominent* feature of my everyday life.

Prosperous

- Financially successful; wealthy; full of good fortune; promising.
- Affirmation: I choose to see that I am already *prosperous*.

Protect

- To keep someone or something safe.
- Affirmation: I choose to *protect* my psyche by limiting what I read, watch and listen to.

Proud

- Pleased and satisfied; fostering feelings of pride; having self-respect; arrogant; impressive.
- Affirmation: I choose to feel *proud* of my accomplishments.

Purpose

- Reason for existence; desired effect; determination.
- Affirmation: I choose to live on purpose.

Q

Quest

- Search; adventurous expedition; something sought; game objective.
- Affirmation: My *quest* will reveal my answer.

Quick

- Doing something fast; alert; nimble; done without delay; brief.
- Affirmation: I complete the things I have avoided first, *quick* and complete.

Quiet

- Not noisy; still; undisturbed; relaxing; not showy.
- Affirmation: I am in the process of learning to be *quiet* in mind, body and soul.

R

Ready

- Prepared for something; finished and available for use; on point of doing something; willing.
- Affirmation: I am *ready* for change.

Recognize

- Identify someone or something seen before; to acknowledge an achievement; to allow someone to speak.
- Affirmation: I easily *recognize* when I need to shift my patterns of self-talk.

Refinement

- Improvements; elegance; process of refining; subtle precise point.
- Affirmation: I am patient with my personal *refinement*. It is an ongoing process.

Refresh

- To renew someone's energy; reactive memory; to replenish something.
- Affirmation: I choose to get enough sleep to *refresh* and renew my body and mind.

Rejoice

- Be happy; to make someone happy.
- Affirmation: I choose to *rejoice* in the miracle that life is.

Rejuvenate

- To make someone young again; to return something to original condition.
- Affirmation: I *rejuvenate* my body through physical movement several times each day.

Relax

- To spend time at ease; to make or become looser, less strict or tense.
- Affirmation: I choose to *relax* away from my problems.

Reliance

- Dependence; confidence; primary support.
- Affirmation: I have *reliance* on my own efforts and strength to move past perceived obstacles.

Rely

- Depend; trust.
- Affirmation: I have the potential to *rely* only on myself.

Remarkable

- Worthy of notice; unusual.
- Affirmation: I notice the *remarkable* miracle that nature is.

Renew

- To return to doing something; to extend something; to replace something worn; to repeat a promise.
- Affirmation: Each morning, I *renew* my commitment to care for my body.

Renowned

- Famous.
- Affirmation: I choose to put in the energy and effort to become *renowned* in my field.

Replenish

- To replace used items; to nourish someone or something; to refuel fire.
- Affirmation: I *replenish* my confidence by speaking to myself in kind, encouraging ways.

Resolution

- The process of resolving; decision; determination; solution; expression of collective opinion.
- Affirmation: I seek *resolution* that benefits all parties.

Resound

- To be filled with reverberating sound; to be known extremely well; to produce echo.
- Affirmation: I *resound* with love.

Resources

- Source of help; backup supply; ability to find solutions.
- Affirmation: People are generous with their *resources*.

Respect

- Esteem; the state of being admired; thoughtfulness; characteristic.
- Affirmation: I *respect* others as I would *respect* myself.

Restore

- To give something back; to return something to previous condition; to energize someone.
- Affirmation: I choose foods that *restore* my energy and clarity.

Revere

- To treat someone with admiring respect.
- Affirmation: I *revere* the people who have sacrificed for my safety and happiness.

Revolutionize

- To change something radically; to incite people to rebellion; to cause rebellion in country.
- Affirmation: I have the potential to *revolutionize* my self-care patterns for the better.

Rewarding

- Satisfying; given as reward.
- Affirmation: I have the courage to choose a career that is *rewarding*.

Rich

- Wealthy; worth much; costly and fine; with good supply of something; plentiful; productive.
- Affirmation: I am *rich* with unique ideas.

Robust

- Strong and healthy; strongly constructed; needing physical strength; determined; straightforward.
- Affirmation: I have a *robust* will to do what I know is right.

Rousing

- Inciting emotion; lively.
- Affirmation: I tell stories with a *rousing* suspense that fully engages my audience.

S

Safe

- Not dangerous; not in danger; unharmed or undamaged; sure to be successful; unlikely to cause trouble.
- Affirmation: It is *safe* to assume that things are going to be okay.

Secure

- Firmly fixed; not worried; reliable; well guarded and fortified; safe; assured.
- Affirmation: I choose to be *secure* within myself.

See

- Perceive with eyes; have vision; view or watch something; comprehend something.
- Affirmation: I clearly *see* my path unfold before me.

Sensation

- Physical feeling; power to perceive; mental impression; public interest; interesting phenomenon.
- Affirmation: I am willing to listen to each *sensation* my body experiences.

Serenity

- Calm and untroubled; cloudless.
- Affirmation: There is a place of *serenity* within me that I can go to at anytime.

Shift

- Move; change or exchange; operate gears of vehicle; provide for own needs.
- Affirmation: I am willing to *shift* my perspective to allow new solutions to be seen.

Shine

- Emit light; be bright; direct light of something; excel; be obvious; have radiant quality.
- Affirmation: I *shine* the most when I am being myself.

Show

- Make something visible; be visible; exhibit.
- Affirmation: I easily *show* my true self.

Silence

- Quietness; not speaking; to ignore something.
- Affirmation: I learn the most through *silence*.

Simple

- Easy; not elaborate; not complex; without complications; straightforward.
- Affirmation: I choose to make things *simple*.

Sincerity

- Honesty and genuineness.
- Affirmation: I express encouragement, always with *sincerity*.

Smart

- Intelligence; clever; keen; witty and amusing; well-groomed; fashionable; lively.
- Affirmation: The *smart* response comes to me easily.

Smile

- Pleasant expression; express something by smiling; to have pleasant appearance; to be favorable.
- Affirmation: I choose to offer a *smile* first.

Smooth

- Not rough or bumpy; without lumps; without upheaval, difficulties, jerks or jolts; not harsh, sharp or sour.
- Affirmation: I have the ability to create a *smooth* resolution to this conflict.

Solution

- A way of resolving difficulty; an answer to puzzle; finding of answer.
- Affirmation: I look to myself first for the *solution*.

Soul

- Nonphysical aspect of a person; feelings; spirit surviving death; spiritual depth; essence.
- Affirmation: I have a close relationship with my *soul* and trust that it guides me daily.

Sparkling

- Reflecting glittering light; effervescent; vivacious.
- Affirmation: I allow my *sparkling* self to have fun each day.

Spirit

- Life force of a person; will; enthusiasm; disposition; attitude; group loyalty; important influence.
- Affirmation: *Spirit* is present at each moment.

Spirited

- Lively; animated; behaving in a specific way.
- Affirmation: I bring a *spirited* attitude to new activities.

Spiritual

- Of soul; of religion; temperamentally or intellectually akin; refined.
- Affirmation: I take time to focus on my *spiritual* side.

Splendid

- Magnificent; radiant; excellent; acclaimed.
- Affirmation: Each day can be as *splendid* as I choose to make it.

Spontaneous

- Arising from internal cause; arising from impulse; unrestrained; growing uncultivated.
- Affirmation: I have the courage to be *spontaneous*.

Still

- Not moving; not carbonated; quiet; peace; to make someone calm; relieve emotion; even more.
- Affirmation: I sit *still* and know that all is right.

Stir

- To mix ingredients; stimulate imagination; be felt; make someone emotional; happen.
- Affirmation: I celebrate my emotions and allow them to *stir* as life moves around me.

Strong

- Physically powerful; using force; robust and sturdy; emotionally resilient; healthy and well; thriving.
- Affirmation: *Strong* is a state of mind.

Style

- Distinctive form; way of doing something; way of writing or performing; flair; fashion; luxuriousness.
- Affirmation: My *style* reflects the true me.

Success

- Achievement of intention; attainment of fame, wealth or power; something that turns out well.
- Affirmation: I acknowledge my *success* each day.

Sunny

- Full of sunshine; full of sunlight; cheerful.
- Affirmation: Dark places become *sunny* when light shines from within.

Support

- Keep something or someone stable; bear weight; give active help or encouragement; be in favor.
- Affirmation: I am willing to *support* others.

Sure

- Definitely true; firmly believing; bound to occur; certain to obtain something; very confident; effective.
- Affirmation: I am *sure* of myself.

Surprise

- Make someone amazed; catch someone or something unaware; give something unexpectedly.
- Affirmation: I am willing to adjust my goals and welcome any *surprise* that waits.

Sustain

- Nourish someone; support something from below; provide moral support; withstand something.
- Affirmation: I *sustain* my energy by allowing life to flow in and flow through me.

Synchronized

- To make things work at the same time; go together; happen together.
- Affirmation: My actions are *synchronized* with my mission and purpose.

T

Team

- Side in sports competition; cooperatively functioning group; put something with a complimentary object.
- Affirmation: I honor the commitments I make to my *team*.

Thankful

- Feeling of gratitude; glad about something.
- Affirmation: I am *thankful* to be alive.

Therapeutic

- Used in treating disease; maintaining health.
- Affirmation: This *therapeutic* intervention has the potential to improve my health.

Thorough

- Extremely careful; done fully; absolute.
- Affirmation: I am patient and *thorough* with each of my work projects.

Thrilled

- To be or make someone very excited; to be pleasurable; to vibrate or cause to vibrate.
- Affirmation: I am *thrilled* to be here doing what I am doing.

Thrive

- Grow well; do well.
- Affirmation: I choose to *thrive*.

Today

- On this day; in present time; this day; present age; modern.
- Affirmation: *Today* I have an opportunity to make a difference.

Together

- With others; interacting with one and another; by joint effort; collectively; into orderly condition or state.
- Affirmation: I choose to work *together* with others.

Tranquil

- Free from commotion; composed.
- Affirmation: A *tranquil* place exists beneath the hustle-and-bustle of daily life.

Transform

- To change something dramatically; to undergo total change; to convert something to different energy.
- Affirmation: I choose to *transform* now into who I want to become tomorrow.

Triumph

- Success; joy about success; outstanding success; to win or achieve success; become exultant.
- Affirmation: Each small win is a *triumph*.

Trust

- Reliance; position of obligation; hope for future; care; responsibility that someone has.
- Affirmation: I am willing to *trust* that things will improve.

Truth

- Something factual; true quality; true statement; obvious fact; something generally believed; loyalty.
- Affirmation: I clearly see the *truth* of my situation.

U

Unity

- Condition of being one; combination into one; something whole; harmony.
- Affirmation: I celebrate the *unity* of humanity.

Unusual

- Remarkable; rare.
- Affirmation: I choose to be at peace with the *unusual* side of myself.

Unwavering

- Steady and firm in purpose.
- Affirmation: My faith is *unwavering*.

Upbeat

- Improvement; unaccented beat; optimistic.
- Affirmation: I have the potential to be *upbeat* in any situation.

V

Value

- Monetary worth; worth or importance; meaning; to rate something.
- Affirmation: I am willing to *value* myself as I want others to value me.

Vary

- To undergo change or to change something; to be different; to give variety.
- Affirmation: I am comfortable with the way my moods can *vary* from day-to-day.

Venerate

- To respect someone; to honor someone or something.
- Affirmation: I *venerate* the delicate balance of nature.

Venture

- New business enterprise; risky project; money risked; to make a dangerous trip; to risk dangers.
- Affirmation: I am willing to *venture* out into the unknown to see what is there.

Very

- Gives emphasis; extreme; right; emphasizes importance.
- Affirmation: I am *very* open to new experiences.

Vibrant

- Energetic; pulsating with energy; resonate; bright; vibrating.
- Affirmation: Life becomes more *vibrant* when I become more vibrant.

Victory

- Win; success.
- Affirmation: Each moment is a *victory*.

Vigorous

- Very healthy; energetic.
- Affirmation: I choose to be *vigorous* about taking care of my body.

Vision

- Eyesight; mental picture; something seen in a dream or trance; someone or something beautiful.
- Affirmation: Each day I take action toward my *vision*.

Visualize

- To imagine something; to create a positive mental picture of something.
- Affirmation: I can always *visualize* a relaxing break from wherever I am, no matter what's going on.

Vital

- Crucial; needed for life; lively; of life.
- Affirmation: Love is absolutely *vital*.

Vivacious

- Lively and high-spirited.
- Affirmation: I can be as *vivacious* as I choose.

Voyage

- A long trip; narrative; travel.
- Affirmation: Life is the ultimate *voyage*.

W

Wealthy

- Rich; characterized by abundance.
- Affirmation: I am *wealthy* in will.

Welcome

- Admitted gladly; eagerly and delightedly accepted; freely invited or permitted; greeting; positive reaction.
- Affirmation: I *welcome* obstacles as opportunities to grow.

Well

- Hole made to draw up fluids; source of something; to rise or bring to the surface; grow stronger.
- Affirmation: I am present and centered as emotions *well* up inside me.

Whole

- Entire; undivided; unbroken; unimpaired; healed or healthy; not fractional; completely; a single piece.
- Affirmation: I am *whole*. Right here, right now.

Wholesome

- Health-giving; morally beneficial; sensible; healthy and fit.
- Affirmation: The foods I eat are *wholesome* and delicious.

Willing

- Ready to do something voluntarily; helpful; offered voluntarily.
- Affirmation: I am *willing* to take action on my dreams.

Wonder

- Amazed admiration; something marvelous.
- Affirmation: I look at life with eyes of *wonder*.

Wonderful

- Outstanding; exceedingly pleasing.
- Affirmation: The most *wonderful* thing could happen at any moment.

Wondrous

- Exciting wonder; amazingly.
- Affirmation: *Wondrous* miracles happen all the time.

X

Xanadu

- An exotic, luxurious place. (From the poem “Kubla Khan” by Samuel T. Coleridge.)¹
- Affirmation: *Xanadu* is a special relaxing mental place I can visualize to anytime I want.

Y

Yes

- Affirmative response; acceptance; exclamation of jubilation.
- Affirmation: *Yes*, I am capable of amazing things.

Youth

- Time when someone is young; time of being young; early stage.
- Affirmation: *Youth* is all about mindset.

Young

- Not very old; of youth; youthful; for young people; recently begun.
- Affirmation: My thoughts are *young* and fresh.

Youthful

- Like young; vigorous; not fully developed.
- Affirmation: I choose to take a *youthful* approach to life.

Yippee

- An expression used to communicate happiness and joy.²
- Affirmation: *Yippee!*

Z

Zeal

- Enthusiasm.
- Affirmation: I have a certain *zeal* for creating new things.

Zing

- Lively and exciting quality; sharp singing sound.
- Affirmation: I choose to start my day with the *zing* of a morning walk.

Zip

- Brief hissing sound; lively and exacting quality; zero; to fasten with zipper.
- Affirmation: I *zip* from here to there and have energy to spare.

Zest

- Hearty enjoyment; exciting and enjoyable quality; piquant flavor.
- Affirmation: I approach strangers with a *zest* for wanting to know them better.

¹ Your Dictionary, *Words That Begin with Letter X*, Retrieved from: <http://grammar.yourdictionary.com/word-lists/Words-that-Start-with-X.html>.

² Your Dictionary, *Dictionary Definitions – Yippee*, Retrieved from: <http://www.yourdictionary.com/yippee>.

Further Reading



For more tips and tricks to live positively be sure to keep in touch with us. Sign up here: <http://www.creativeaffirmations.com/free-newsletter.html>. When you signup, you will receive free affirmations cards to display positivity all around your home.

CreativeAffirmations.com also has a wealth of articles and resources to explore:

- [Book Reviews](#)
- [List of Affirmations by Topic](#)
- [Self Improvement Articles](#)
- [Inspirational Quotes](#)
- [Positive Words](#)
- [How to Effectively Use Affirmations](#)

About Danae Horn, CPC



Danae Horn went into college thinking she would be a philosophy major to build on some of her most treasured conversations with her father. However, she came out of college with a B.S. degree in Mathematics and Economics from the University of Redlands. She enjoyed a successful career in corporate finance, where she served in associate and management roles, received multiple promotions and was voted Employee of the Year by Corman Leigh Communities.

While managing her corporate career, Danae was also managing chronic kidney disease and chronic restrictive lung disease. Both are side effects of VATER Association, a rare birth disorder that affects six systems in the body. Danae underwent ten surgeries before the age of two. Her diagnosis was described by Doctor Hardy Hendren of Boston Children's Hospital as one of "nature's worst malformations." From that dicey beginning, Danae has had to continually redefine what "being positive" means. In her view, it has very little to do with "just looking on the bright side of life." It's much more about being present with truth and letting your experiences become catalysts for growth.

Danae took the lessons learned during her years in Corporate Finance and her health challenges and performed a career 180 to become a certified life coach, speaker and author. She is trained through the Baraka Institute, an International Coach Federation accredited program. Her educational background also includes graduate coursework in organizational development and health education.

Danae created the popular website Creative Affirmations, a comprehensive resource for discovering your fundamental power to co-create your life and the world in which you live. She has been featured in or written articles for: Goodness Magazine, RenaLife Magazine, CrazySexyLife.com, GirlsOnTheGrid.com, BizyMoms.com, MontysCorner.com and PortlandonFire.com. Her presentation clients include The Portland Trail Blazers, The Tiffany and Company Unit of Mary Kay Inc., The Association for Accountants and Financial Professionals, and The Entrepreneurs' Organization. Danae recently contributed a chapter to the book *If Only...Life Lessons Learned* through the Baraka Institute. She will release her first book in 2013.

For book release dates and more, follow Danae online at: www.DanaeHorn.com and www.CreativeAffirmations.com.



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Affirmation Website & Blog: www.CreativeAffirmations.com

Bring Danae to Your Event

Danea Horn is an in demand speaker who has provided presentations for organizations such as the Portland Trail Blazers, Mary Kay and the Entrepreneurs' Organization. She uses insights from her background as a coach, entrepreneur and chronic disease warrior to create personal and captivating presentations that inspire results.

Her focus is on giving people the tools they need to create a positive life when they are facing stressful challenges. She is a true asset to organizations that want to increase productivity, morale and the health of their members.

Danea's presentation series, *Chronic Resilience*, takes an honest look at the widespread misconceptions of developing a positive attitude that keep people stuck, stressed and feeling guilty. She connects with audience members by exploring the myths and showcasing the realities of positivity that result in long-lasting benefits. She speaks to organizations, associations and support groups whose members are challenged with health issues as well as corporate audiences looking to de-stress.

To discuss what would make your presentation a success e-mail Danea@DaneaHorn.com or [schedule a phone appointment!](#)

“I would have to say that our entire group received more than they asked for from Danae’s session. She made a profound impact through her personal stories and precise analogies. I am still receiving feedback from our participants about how impactful Danae was, even one month later.”

- Tiffany Stout, Mary Kay Senior Cadillac Sales Director