

BeHappyforLife.net

Be Happy Affirmations

***Empowering Thoughts
& Affirmations***

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The *Be Happy Affirmations* cards can be printed and cut into individual cards or used directly from your computer. Each card is an encouraging reminder of your positive qualities and potential. Use these cards daily to affirm good things in you and in your life!

Blank cards are included for you to add new affirmations.

* * *

I am happy to be alive.

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**I expect good things
to happen today.**

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**I see the good in myself
and others.**

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I am thankful for this day.

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I can relax and calm myself.

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I can learn from mistakes.

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I believe in myself.

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**I can accept myself and others
as worthy of love.**

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**I have the strength I need
to accomplish whatever
I set out to do.**

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I am not afraid to be different.

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I think on good things.

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I can laugh at myself.

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**I am a giver, and I look
for ways to bless others.**

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**I am thankful for the people
in my life and all that I have.**

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**I can handle problems
that come my way.**

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**I can be true to myself
and others.**

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I can control my temper.

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**I can let go of offenses
and be free.**

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I see myself as a winner.

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**Whenever I fall,
I get back up again.**

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**I have the courage I need
to face my fears.**

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I grow in love every day.

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I use my time wisely.

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**I can exercise patience
and self-control.**

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