

Staying Positive With These Encouraging Statements

Becoming Thankful

- I am filled with joy.
- I am at peace and relaxed.
- I have no worries.
- I have much for which to be thankful.
- I am moving towards my goals.
- I am fulfilled.
- I am vitally alive.
- I am filled with love and kindness.
- My life is filled with excellence.
- I lead an exciting life.
- I am having the best of times.

Reduce Worry and Frustration

- I am living in the peace of God.
- Order and balance emerge from my every problem.
- I can feel stillness in this chaos.
- I make the best out of the worst of situations.
- I love a challenge.

Being Happy

- I have a healthy attitude.
- I am awestruck with the beauty of creation.
- I choose to be happy right now.

Think Health

- My memory is good.
- I have abundant health.
- I recover quickly.
- I very seldom get sick.

Warm your heart with the fire of enthusiasm. Take a full week to fill your mind full of positive thoughts and images. Refuse to let negative thoughts control your emotions. You have spent years thinking distorted, self-defeating thoughts and the result has been misery, frustration, obsession and feeling worthless.

Encouraging thoughts make self-discipline easy. No more mental wars, just peace. Saturate your mind with noble thoughts and the world becomes new. You will see beauty in the smallest flower and find peace in a singing bird. You will feel joy in the tiniest of gifts because you know from where that gift came.