

The background of the entire page is a light purple floral pattern with swirling leaves and flowers. At the bottom, there is a solid purple curved shape that tapers from the left and curves upwards to the right.

25

**AFFIRMATIONS
TO LIVE BY**

DEBENA JACKSON GANDY

**25 Affirmations for Mind, Body, Spirit, Money
and Relationships**
by **Debrena Jackson Gandy**
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“25 AFFIRMATIONS TO LIVE BY”

MIND

My worth is not determined by my circumstances.
I release myself from old regrets and past mistakes
I now let go of every anxious thought, and I surrender doubt and fear
I know that God is within my midst, even in the midst of my circumstances
I have an attitude of gratitude

BODY

My body is a precious temple. I care for it lovingly and adoringly.
My body is a precious temple. I give my body plenty of rest and attention.
I appreciate my body as a one-of-a-kind gift from God
Daily, I hug, thank and lovingly speak to my body
I support my body with healthy, loving thoughts and healthy, loving actions

SPIRIT

I am here to learn, grow and get better every day.
I affirm that love is transforming my life today
I release myself from the compulsion to be right, angry, reactive or defensive
I am filled with an expectancy of good things.
I readily forgive myself and others and thus release myself and others from condemnation

MONEY

I stand under a spout where good things pour out
Opportunities, the right people, and the right resources are easily drawn to me
I treat money with respect and appreciation, and in turn, it is easily attracted to me
I do not allow money to define me or my worth.
Right now, resources are making their way to me.

RELATIONSHIPS

I only attract loving people into my world for they are a mirror of what I am
I release bitterness and accept love.
I give and receive love readily and generously
My relationships are healthy, harmonious, reciprocal and fulfilling
The way to “change” others is through first changing myself, my perceptions and my patterns