

# JOYFUL Affirmations

---

*“To Live a Joyful Life you Need  
to Think Joyful Thoughts”*

---



Tara Jensen

# Joyful Affirmations

To Live a Joyful Life You  
Need to Think Joyful  
Thoughts

Tara Jensen

©2018 [www.joyinthemountains.com](http://www.joyinthemountains.com)

## Preface

An affirmation is anything you say or think. Our words and thoughts can often be quite negative. Positive affirmations are a great way to start teaching our minds that we are ready for change. We can consciously choose words of affirmation that help to create something new in our lives. Our thoughts create our experiences. It is the law of attraction at its finest. We literally pull to us the very things we think about. Affirmations can guide your mind to start focusing on what you want instead of what you don't want. The secret to affirmations working is to create in your mind fertile soil in

which they can grow. The more positive thoughts the better. We want to clean out the weeds of negativity. If you catch yourself saying something negative or disbelieving the affirmations, just say to yourself, "that is only a thought and a thought can be changed." Then reach for a happier thought.

Consciously choosing to think certain thoughts creates positive results now and in the future. I love how affirmations go beyond the reality of the present into the creation of the future. What we focus on can literally expand into our view.

A few tips for using affirmations:

Always speak your affirmations in the present tense—such as, “I am,” “I now choose to be,” “I see myself as ...,” etc.

Choose a few affirmations to work on and keep repeating them until they feel “believable” to you. It’s like the little engine that could. He had to keep repeating, “I think I can” until he finally did it. It is the same with us. Our subconscious mind needs to hear it over and over again to start creating those new neuro-pathways and patterns.

Finally, add emotion to your affirmations. Say them with gusto and excitement as though you believe they are true. It makes all the difference.

# Categories

Loving Self.....	6
Connecting with God.....	9
Goals and Dreams.....	11
Forgiveness.....	13
Ideal Weight.....	15
Prosperity.....	18
Joy.....	21
Learning.....	23
Connecting with Children .....	25
Trauma and Abuse.....	27
Generational.....	29
Pregnancy.....	31
Infertility.....	34
Bills.....	37
Health.....	38
Work/Business.....	41

## Loving Self

1. I love and approve of myself.
2. I am worthy and deserving of love and acceptance.
3. I am loved and accepted exactly as I am.
4. My mind is filled with loving thoughts that reflect in my life experiences.
5. I love myself unconditionally.
6. I own my own power. I accept it all and use it wisely.
7. I am a beautiful daughter of God.
8. My worth and beauty is beyond description.
9. I choose to see the good in myself.

10. I radiate love, peace and happiness.
11. I teach others how to treat me by the way I treat myself.
12. I accept compliments quickly and easily.
13. I am safe, supported and protected.
14. My body is the perfect size and shape.
15. I see myself through the eyes of love.
16. I love myself exactly as I am.
17. I give and receive unconditional love.
18. I am a strong woman and it is safe to be strong.

19. My opinion matters and I am heard.

20. I am respected, validated and important.

**Create Your Own Affirmations:**

## Connecting with God

1. I am joyfully connected to God.
2. I awaken to my divine birthright.
3. I am connected to Heaven.
4. I see, feel and know of Father's love for me.
5. I am created in the image of God.
6. God is aware of me and my needs.
7. I trust God and His plan for me.
8. I choose to see God's hand in my life.
9. I trust the process of life.
10. I allow, accept and receive God's love.
11. I am worthy and deserving of God's love.
12. Angels are surrounding and watching over me daily.

13. I easily see God in the details of my life.

14. I trust my children to God's watchful care.

15. I am an open vessel to inspiration and guidance

16. I am surrounded by angels.

17. I am open to receive all that God has for me.

18. I am seen and heard.

19. The windows of heaven are open to me.

20. I hear God's voice daily.

**Create Your Own Affirmations:**

## Goals and Dreams

1. Pockets of time open for me daily to pursue my goals and dreams.
2. I am the author of my day.
3. I believe in my ability to reach my goals.
4. I co-create with God.
5. I am the creator of my life.
6. Doors of opportunity open for me.
7. I take action on my goals.
8. I have a clear blueprint of my goals.
9. I am connected to the outcome.
10. I trust my ability to move forward quickly and easily.
11. I take easy, manageable steps on a daily basis to reach my goals.
12. I reach my goals on or before my deadlines.

13. I joyfully reach my goals and dreams.

14. I am a master manifester.

15. I visualize my dreams as if they have already happened.

16. I am clear and focused.

17. I am living the life of my dreams.

18. I am supported by my family and friends.

19. I see possibilities all around me and bring them into my reality.

20. I am one success after another.

**Create Your Own Affirmations:**

# Forgiveness

1. I release the past and move with joy into the present moment.
2. I am willing to forgive.
3. It is safe to release childhood trauma and move into love.
4. I trust God is the ultimate judge.
5. I release with love and allow my heart to heal.
6. I allow, accept and receive the atonement of Christ into my life.
7. All wounds are healed through the power of Christ.
8. I set appropriate boundaries.
9. I choose to see others with the eyes of love.
10. I choose to let go of what no longer serves me.

11. I leave justice up to God.
12. I release the heaviness to make space for God's grace, love and mercy.
13. I trust God.
14. I am divinely guided and protected.
15. I easily forgive others' past wrongs and release them with love.
16. I am free of the past.
17. I am worthy and deserving of forgiveness.
18. I forgive myself and step forward in light and truth.
19. It is safe to forgive.
20. I allow the process of forgiveness to be easy for me.

**Create Your Own Affirmations:**

# Ideal Weight

1. I am an intuitive eater.
2. I am guided to the foods and beverages that fuel my body.
3. I love every inch of this beautiful body.
4. My organs function properly.
5. I feed my body delicious fruits and vegetables.
6. Exercise is fun and it's easy to do.
7. I have plenty of time to exercise and meditate.
8. I am the perfect height and weight.
9. I give my body what it needs on every level.
10. Perfect health is my divine right and I claim it now.

11. My body resonates well with healthy food.
12. I easily and naturally align with my ideal weight.
13. My body processes food easily.
14. I let go of the need to use weight as a protection.
15. My body metabolizes easily and efficiently.
16. Water is my favorite beverage and I am well hydrated.
17. My body is a beautiful home for my spirit.
18. I love my amazing body.
19. I am created in the image of God.
20. I see myself with the eyes of love.

## **Create Your Own Affirmations:**

# Prosperity

1. Money is my divine birthright.
2. I choose to spend my money wisely.
3. God trusts me with money.
4. I allow, accept and receive money quickly and easily.
5. Money flows to me in a wave of abundance.
6. Opportunities flow to me daily.
7. I trust money and money trusts me.
8. Money is a good friend that likes to stick around.
9. Money comes to me in expected and unexpected ways.
10. I am a money magnet.
11. God wants me to have money.
12. I am open and receptive to all the ways money comes to me.

13. My actions create prosperity now.
14. I am in the vibration of money.
15. I am aligned with the energy of abundance.
16. I attract opportunities to make money daily.
17. I use money to bless my family and others.
18. I am a good provider.
19. I accept abundance into my life now.
20. I am worthy and deserving of wealth. It is ok with God for me to be wealthy.
21. I release the limitations of my parents' thoughts about money.

## **Create Your Own Affirmations:**

# Joy

1. I choose to live a joyful life.
2. I see joy in the little things.
3. I trust that joy is within me and I can access it anytime I wish.
4. I am a being of joy.
5. I am created in the image of God and God is joy.
6. I am worthy and deserving of a joyful life.
7. I open the door to joy and it fills my very being.
8. Life surprises me everyday.
9. I trust the process of life and that joy is found in all of my lessons.
10. Serving others brings me joy.
11. I feel creative, inspired, joyful and vibrant.

12. I attract joyful people into my life.
13. The simple things in life bring me joy.
14. I awaken the joy within me.
15. I create a beautiful, joyful day for myself.
16. My life is full of joyful surprises.
17. I am welcomed with joy wherever I go.
18. Joyful experiences come to me daily.
19. I am a joy to be around.
20. I am surrounded by joyful people.

**Create Your Own Affirmations:**

## Learning

1. My brain is functioning at its optimal level.
2. I am willing and eager to learn new things.
3. I enjoy reading with ease and fluency.
4. Teachers love having me in their class.
5. I am capable and competent.
6. I complete assignments quickly and easily.
7. I am a bright and smart student.
8. I allow myself to learn in the way that my mind absorbs.
9. I retain information easily.
10. My right and left brain work together.

11. I process information quickly and easily.
12. I am a good test taker.
13. I feel calm, peaceful and collected as I take tests.
14. I clearly recognize numbers, symbols and cursive on the page.
15. It is easy for me to recall the things that I have studied.
16. Learning is fun.
17. My eyes connect to the words on the page.
18. I release with love generational incapacities with learning.
19. Others believe in my ability to learn.
20. I am connected to the tutors and teachers that help me learn best.

## **Connecting with Children**

1. I see, hear and honor my children.
2. My children see, honor and hear me.
3. I am a good mother/father.
4. I choose to see the goodness in my children.
5. I am worthy and deserving of my parents' time, attention and love.
6. I allow, accept and receive love.
7. My time on earth is now. I was born at this time, in this family, in this birth order for a divine purpose.
8. I am infinitely connected to my children.
9. Being a parent is rewarding.
10. I enjoy time with my children.
11. I allow my child room to grow and develop.

12. I see my child through the eyes of love.

13. I am a good role model for my child.

14. We enjoy time spent together.

15. My child respects me and I respect him/her.

16. I am a good listener.

17. I am a patient and loving parent.

18. I show love to my child in his/her love language.

19. It is easy to show my love for my child.

20. I love my child unconditionally.

**Create Your Own Affirmations:**

## Trauma/Abuse

1. It is safe for me to grow up.
2. I am noticed, loved and accepted.
3. I am worthy and deserving of love.
4. I allow, accept and receive love now.
5. My child inside can blossom and know it is deeply loved.
6. I allow my heart to heal.
7. I choose who is allowed in my space of love.
8. I am watched over and protected.
9. My inner child feels safe and loved.
10. It is safe to let go of family patterns that no longer serve me.
11. I am protected and supported within the healthy boundaries I've created.
12. I release the past with love.

13. I am open to the new and changing.

14. Each day I am stronger and stronger in love.

15. I forgive those who betrayed my confidence and move forward in love.

16. I am healed and whole.

17. I am clean and pure.

18. I trust I am completely healed.

19. I choose to see myself as whole and complete.

20. I am connected to those who can help me on my healing journey. God puts people in my path to bless me.

**Create your own affirmations:**

## **Generational**

1. I am a chain breaker.
2. I am doing my part to clear up the family line.
3. I am connected to the wisdom of the past.
4. I now rise beyond my family's patterns and habits that no longer serve me.
5. I choose to release the old and make way for the new and changing.
6. I easily release the past.
7. I allow myself to heal forward and backward.
8. I allow my heart to heal and in turn heal the hearts of many.
9. I am connected to my progenitors.

10. I confidently move forward with the wisdom of the past.

11. I move forward successfully.

12. I break free of family patterns that no longer serve me.

**Create Your Own Affirmations:**

## Pregnancy

1. I trust my body to grow this baby perfectly.
2. I release all fear and doubt.
3. I trust this baby will come at the perfect time.
4. I feel healthy and strong as my body grows a baby.
5. I am connected to my motherly instincts.
6. I trust my intuition.
7. I am connected to the doctors, nurses or midwife that is overseeing my care.
8. I allow, accept and receive heavenly help through this pregnancy and delivery.
9. I am surrounded by angels.

10. I choose healthy food that will nourish and grow my baby.
11. I drink plenty of water every day and stay well-hydrated.
12. I am a perfectly healthy weight for my pregnancy.
13. My baby is growing and developing perfectly.
14. I feel safe and supported through this pregnancy.
15. My womb is a healthy place that is nourishing my baby.
16. I look forward to delivery with eagerness and excitement.
17. I trust my baby to choose the perfect birthday.
18. I create the perfect environment for my baby to grow in.

19. I am worthy and deserving of a healthy and happy pregnancy.

20. I am supported by those around me through this pregnancy.

**Create Your Own Affirmations:**

# Infertility

1. I trust my body's ability to conceive.
2. My reproductive organs work in harmony with my body to allow for an easy conception.
3. My menstrual cycle is regular and balanced.
4. My eggs are healthy and release at the perfect time.
5. I allow new beginnings in my life.
6. I release fears about age and time.
7. I am confident in my ability to become a mother.
8. Hope settles in my heart and I let go of outcome.
9. I trust God is in the details of my life.

10. I trust God's divine timing.
11. I choose a healthy lifestyle that enhances my fertility.
12. I am connected to my ability to create life.
13. I feel safe, supported and loved through this fertility journey.
14. My womb is a healthy place that will nourish my baby.
15. I am patient with this process.
16. My womb is strong and fertile.
17. I am connected to the perfect health practitioners that help me in this process.
18. I listen to and trust the inspiration that comes to me.
19. I allow, accept and receive a baby now.

20.I am worthy and deserving of being  
a mother.

**Create your own affirmations:**

## **Bills**

1. I pay my bills with ease.
2. I trust the money I need is here for me now.
3. I welcome my bills with love and rejoice as I write out each check.
4. What I send out, comes back to me multiplied.
5. I always have more than enough money to cover my bills and needs with some left over for savings.
6. My bills are an affirmation of my ability to pay.
7. I am grateful for the ability to pay my bills.
8. I pay my bills on time or early.

**Create Your Own Affirmations:**

# Health

1. I accept perfect health now.
2. I trust my body's healing powers.
3. I am grateful for my healthy body.
4. My immune system is working optimally.
5. I connect with the part of myself that knows how to heal.
6. I am inspired daily with ways to heal my body.
7. Perfect health is my divine right and I claim it now.
8. I listen with love to my body's messages.
9. I am healthy, whole and complete.
10. Filling my mind with pleasant thoughts is the quickest road to health.

11. I enjoy foods that are best for my body.
12. I am constantly discovering new ways to improve my health.
13. I choose health, healing and happiness.
14. I honor my body and treat myself respectfully.
15. Healing happens each time I rest, relax and enjoy myself.
16. My body responds to thoughts of pure love and goodness.
17. I encourage healing each time I affirm my worth and honor my choices.
18. My hormones, adrenals and thyroid are functioning perfectly.

19. All of my atoms, molecules and cells are communicating effectively.

20. I love my healthy body.

**Create Your Own Affirmations:**

## Work/Business

1. I am worthy and deserving of a successful business.
2. I give and receive money easily.
3. I balance my time perfectly.
4. I accept a successful career now.
5. The perfect clients are here for me now.
6. I receive referrals on a daily basis.
7. I am a successful business owner.
8. My work is fun and rewarding.
9. I love my job.
10. My workplace is a pleasure to be in.
11. I get along well with all my co-workers.
12. I take the time I need for family and still create a successful business.

13. God is my partner in business.
14. I go from success to success.
15. I am guided daily in how to run my business.
16. I trust that doors are opening for me daily.
17. I always give exceptional value for my compensation.
18. I am well compensated for the time I spend at work.
19. I am great at following through.
20. Clients trust me and refer me often.

**Create Your Own Affirmations:**

## About the Author



Tara Jensen is a wife and mother of 4. She is the 3rd of 11 children and is a woman of devout faith. She is a certified SimplyHealed practitioner and enjoys mentoring clients and helping them to affirm the joyful life that they desire. One of her favorite sayings is, "What you focus on expands." Tara is gifted in being able to identify limiting beliefs and release emotions. She loves working with women to help them connect with their personal power and improve self-worth. [www.joyinthemountains.com](http://www.joyinthemountains.com)  
[tara@joyinthemountains.com](mailto:tara@joyinthemountains.com) 801-367-5731  
[www.facebook.com/energyhealing4meandyou/](https://www.facebook.com/energyhealing4meandyou/)

