

Your Daily Blissful Mindset

BE STILL AND KNOW

Een gezonde mindset is mijn 1e prioriteit! Een positieve mindset is net als gezond eten. Je mind heeft gezonde voeding nodig want anders wordt je futloos en zwak. Als je gezond eet dan krijg je energie, je wordt sterk, je gaat in je kracht staan. Net als eten moeten we onze mind ook goed voeden door onze mind elke dag te trainen.

Ik heb voor elke dag 31 affirmaties voor je verzameld die ik ook gebruik.

Zeg het elke dag constant tegen jezelf. Onder de douche, voor de spiegel, doesn't matter where, just do it! And most importantly, don't just say it! BELIEVE IT!



Cook, Eat, Pray and Love,

-Nadiene Sandhora



Affirmation

I fill my cup and make myself whole

I fill my cup and make myself whole

I fill my cup and make myself whole

Affirmation

I am the master of my faith

I am the master of my faith

I am the master of my faith

Affirmation

I am in charge of my own destiny

I am in charge of my own destiny

I am in charge of my own destiny

Affirmation

I turn my wounds into wisdom

I turn my wounds into wisdom

I turn my wounds into wisdom

Affirmation

I demand only the best for myself

I demand only the best for myself

I demand only the best for myself

Affirmation

I am worthy to say NO without feeling guilty

I am worthy to say NO without feeling guilty

I am worthy to say NO without feeling guilty

Affirmation

I allow myself to follow the path to success

I allow myself to follow the path to success

I allow myself to follow the path to success

Affirmation

I can create a better world for myself

I can create a better world for myself

I can create a better world for myself

Affirmation

I live my life in truth

I live my life in truth

I live my life in truth

Affirmation

I am full of myself without ego and arrogance

I am full of myself without ego and arrogance

I am full of myself without ego and arrogance

Affirmation

My personality comes to serve the energy of my soul

My personality comes to serve the energy of my soul

My personality comes to serve the energy of my soul

Affirmation

I am learning valuable lessons from myself every day

I am learning valuable lessons from myself every day

I am learning valuable lessons from myself every day

Affirmation

I make a difference in the world by simply existing in it.

I make a difference in the world by simply existing in it.

I make a difference in the world by simply existing in it.

Affirmation

I put my energy into things that matter to me

I put my energy into things that matter to me

I put my energy into things that matter to me

Affirmation

I am confident in my ability to succeed in everything I do

I am confident in my ability to succeed in everything I do

I am confident in my ability to succeed in everything I do

Affirmation

My drive and ambition allow me to achieve my goals

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My drive and ambition allow me to achieve my goals

Affirmation

I am grateful for Today

I am grateful for Today

I am grateful for Today

Affirmation

I am, and always will be, enough

I am, and always will be, enough

I am, and always will be, enough

Affirmation

I acknowledge my own self-worth – my confidence is rising.

I acknowledge my own self-worth – my confidence is rising.

I acknowledge my own self-worth – my confidence is rising.

Affirmation

I am grateful that my life is so happy and successful

I am grateful that my life is so happy and successful

I am grateful that my life is so happy and successful

Affirmation

I am a strong individual who attracts success and happiness

I am a strong individual who attracts success and happiness

I am a strong individual who attracts success and happiness

Affirmation

I am the child of the most highest

I am the child of the most highest

I am the child of the most highest

Affirmation

I am living to my full potential

I am living to my full potential

I am living to my full potential

Affirmation

I am surrounded by supportive, positive people who believe in me and want to see my succeed

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Affirmation

Every day I discover interesting and exciting new
paths to pursue

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Every day I discover interesting and exciting new
paths to pursue

Affirmation

I will celebrate each goal I accomplish with gratitude
and joy.

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and joy.

I will celebrate each goal I accomplish with gratitude
and joy.

Affirmation

I continuously push myself to learn and develop in areas of life that bring me happiness, freedom, and purpose.

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I continuously push myself to learn and develop in areas of life that bring me happiness, freedom, and purpose.

Affirmation

I choose to think positively and create a wonderful
and successful life for myself

I choose to think positively and create a wonderful
and successful life for myself

I choose to think positively and create a wonderful
and successful life for myself

Affirmation

I do not pay attention to the judgement of others

I do not pay attention to the judgement of others

I do not pay attention to the judgement of others

Affirmation

I radiate love, it shines from within

I radiate love, it shines from within

I radiate love, it shines from within

Affirmation

I am blessed beyond measure

I am blessed beyond measure

I am blessed beyond measure