



Printable list of **WEEKLY GOALS**



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Types of Affirmations

Different kinds of affirmations are used to promote positive thinking and to avoid the negative thought patterns. Here are some examples:

1. **Positive Self-Talk Affirmations:** These affirmations are used to focus on building self-esteem and remind yourself about your positive qualities and strengths.
2. **Goal-Oriented Affirmations:** We uses affirmations to pay focus on achieving specific goals. These goals can be losing weight, improving relationships, or advancing in your career.
3. **Gratitude Affirmations:** These affirmations help you to build the sense of appreciation and gratitude. We also use these affirmations to focus on the good things in the life.
4. **Healing Affirmations:** These affirmations focus on promoting physical or emotional healing by affirming positive messages about your body and health.
5. **Confidence Affirmations:** These affirmations are focused on building confidence and courage, helping you overcome self-doubt and face challenges with more strength and conviction.
6. **Relationship Affirmations:** We uses these affirmations to focus on improving relationships with others such as romantic partner, family member, or friend.
7. **Abundance Affirmations:** These affirmations focus on attracting abundance and prosperity into your life, helping you develop a positive mindset around money and financial success.
8. **Spirituality Affirmations:** These affirmations help you connect with your spiritual side, affirming beliefs and values that bring you inner peace and spiritual growth.

Remember, affirmations can be used as personal improvement tool. You may modify them according to your own needs and goals. Use different affirmations to see what works for you.

Sure, here's a list for each type of affirmation:

Positive Self-Talk Affirmations:

- I am capable of achieving my goals.
- I am worthy of love and respect.
- I am confident in my abilities.
- I am proud of my accomplishments.
- I am deserving of success and happiness.
- I trust myself and my decisions.
- I am enough just as I am.
- I am strong and resilient.
- I am valuable and important.

Goal-Oriented Affirmations:

- I am committed to achieving my goals.
- I am motivated to succeed.
- I am taking steps towards achieving my dreams.
- I am determined to overcome any obstacles.
- I am focused on my goals and will not give up.
- I am making progress every day.
- I enjoy the opportunity to work towards my goals.
- I am open to new opportunities and experiences.
- I believe in my ability to achieve goals.

Gratitude Affirmations:

- I am grateful for the abundance in my life.
- I appreciate the people who love and support me.
- I am thankful for my health and well-being.
- I am grateful for the beauty around me.
- I appreciate the small things in life.
- I am thankful for the challenges that help me grow.
- I am blessed with a wonderful life.
- I am grateful for the opportunities that come my way.
- I appreciate the moments of joy and happiness in my life.
- I am thankful for the lessons I have learned.

Healing Affirmations:

- My body is strong and healthy.
- I am healing and recovering quickly.
- My body is capable of healing itself.
- I trust my body's ability to heal.
- I am taking care of my body and mind.
- I am at peace with my body and its imperfections.
- I treat myself with love and respect.
- I am releasing any negative thoughts about my body.
- I am grateful for my body and all it does for me.

Confidence Affirmations:

- I am confident and strong.
- I trust myself to handle any situation.
- I am worthy of respect and admiration.
- I am not afraid to take risks
- I am not afraid to try new things.
- I am comfortable in my own skin.
- I am capable of achieving anything.
- I am worthy of love and happiness.
- I believe in myself and my abilities.
- I am unstoppable.

Relationship Affirmations:

- I am surrounded by loving and supportive people.
- I am grateful for the relationships in my life.
- I communicate effectively and openly with others.
- I am attracting positive and loving relationships into my life.
- I am worthy of healthy and loving relationships.
- I am forgiving and compassionate towards others.
- I am willing to work on improving my relationships.
- I am surrounded by people who lift me up and inspire me.
- I am able to set healthy boundaries in my relationships.



- I am grateful for the connections I have with others.

Abundance Affirmations:

- I am open to receiving abundance and prosperity.
- I attract wealth and success into my life.
- I am worthy of financial abundance.
- I am grateful for the money and resources I have.
- I believe in my ability to create financial abundance.
- I have the ability to manage my finances.
- I am attracting new opportunities for wealth and success.
- I am abundant in all areas of my life, including love, health, and happiness.
- I am grateful for the abundance that surrounds me.
- I trust that the universe will provide for me.
- I am deserving of abundance and prosperity.
- I am open to new opportunities for abundance and wealth.
- I am in alignment with abundance and success.
- I am attracting abundance effortlessly into my life.
- I am grateful for the abundance and prosperity that I experience every day.
- I am manifesting abundance and wealth with ease.
- I am abundant in my thoughts and beliefs.