

Seeds for affirmations

- I feel empowered to take my own space whenever I feel it is needed
- I trust myself and the actions I take
- I hold myself responsible to acknowledge my boundaries and to act upon them
- I intend to allow myself to find my own comfort in other people's presence
- I intend to always keep my gratitude for others sacred and protected
- That I always may be consciously in the moment
- I intend to show myself the respect not to apologize for the things that come from my heart
- I promise to always be honest and open in the moment about the things that occupy my mind and heart
- May I always recognize the energy from within myself so I can stay true to who I am
- I put my faith in the universe to guide me on my journey and provide me with what I need
- I pledge to always listen to my pain & fears and to nurture them lovingly
- I intend to do only the things that are in line with my feelings and direction in life
- I intend to let love be the driving force for all in my life
- I intend to never agree nor defend the things I don't feel
- I release all that does not serve me to be the best version for myself
- I will keep my loved ones close and use the guidance from the lessons they've taught me to enrich my life.
- I release any judgement about my acts, behavior and choices
- May I always make time to listen to my inner child
- May I always have a stomach ache from laughing together with my close ones.

