

Hey there lovely!

I have a great list of affirmations for you for 2022.

You can use this list by choosing the affirmations that you really relate to, to make up your own personal list.

These are great to read every night before you go to sleep.

After a few weeks, get rid of some of the old ones and put in some new ones depending on what's going on in your life.

If you can visualize each affirmation coming true when you say it, that's even better!

Good Luck for 2022.

Regards

Denise x

Goals and affirmations for 2022

I welcome change this year for my best and highest good

I am excited and look forward to good things happening this year

I start the New Year with a clear mind and open heart

I'm ready to live life to the fullest this year

I have unlimited health, happiness and prosperity

I choose to be happy this year

I choose to be kind to myself right now and throughout the year

I let go of all negativity and enter the New Year with positive thoughts

I choose to be daring and try new things this year

I start the best year of my life

I am more empowered every day of this year

I'm ready to start the New Year full of love and success

I achieve all of my goals and plans for this year

I am strong and healthy in mind, body and spirit

I start a new phase in my spiritual development today

I am grateful for the things I have in my life now

I release the past and move boldly forward ready to shine

I commit myself to the daily pursuit of my dreams

I accept 100% responsibility for everything in my life

I accept that all things are possible with intention and belief

I allow myself to receive all the abundance the world has to offer

I focus my thoughts, emotions and actions on what I most want to achieve this year

I redefine my life this year by redefining my beliefs

I turn my life around, this year, once and for all

I am unstoppable from reaching my goals this coming year

I have positive and inspiring thoughts for the coming new year

I believe this year is going to be a great and wonderful year for me

I believe this year my dreams are coming true

I have found the love of my life in this New Year

I start the New Year, and continue every day, with sending and receiving peace and love

I choose to be happy every day of this New Year

I have financial freedom this year

I have a great job with a good pay

I have all the money I need now

I have money flowing in now to my bank account from various sources

I am a success

I feel healthy and full of energy