

# *Empowering* AFFIRMATIONS



**It's safe for me to take time for myself.**

**When I make time for my well-being, I am better able to serve those around me.**

**My health and well-being matter.**

**I have enough time for everything that I want to do.**

**I have enough time for my family and me.**

**What I desire comes to me with ease.**

**I now choose to believe that I am in control of my time and my schedule.**

**I now choose to believe I am worthy of having more time for my family and me.**

**I now choose to believe I am worthy and deserving of all that I desire.**

**I now choose to believe that I am enough.**

**I know that I can expand time when I focus on the present moment.**

**When I become aware of the present moment, I can let go of the past and the future.**

**I can choose to be here now.**

**When I become mindful of my surroundings, time slows down.**

**When I focus my attention on what I want to accomplish, time flows effortlessly.**

**My life flows with ease and grace.**

**I am open to creative solutions and possibilities.**

**When I do what I love, time flows and expands.**

**When I'm fully present with my loved ones, time flows and expands.**

**I am in control of my time.**

**I recognize that my time is valuable, and I spend it on what matters most to me.**

**Support is always available to me to make time for what I love.**

**I am loved, safe and supported.**