

# 31 Days of Affirmations For Thriving Emotionally and Spiritually

MARGOT STARBUCK

1. God is not preoccupied.
2. I release what I cannot change.
3. Because I bear the divine image, I am irrefutably worthy.
4. I can accept reality as it is and not be undone.
5. God is faithful to listen.
6. I choose to trust the words of Jesus.
7. God's heart toward me is kind
8. I speak only what is true of myself and others.
9. I don't forget my past, but I'm no longer bound by it.
10. My work is to choose truth.
11. Nothing can separate me from the love of God.
12. I am expectant for what I can't yet see.
13. When I am undone, I am not alone.
14. I trust the voice that says, "I am with you and for you."
15. I treat myself with the loving-kindness I extend to others.
16. The faithful companion sees me and hears me.
17. My feelings are real, but they are not reality.
18. I choose to abide in God, my truest home.
19. I receive God's care through those who love me.
20. Nothing can change my inherent belovedness.
21. When others fail to care for me, I graciously release them.
22. God is the loving parent I have always needed.
23. I reject the voice that tells me I am not enough.
24. God is healing my broken heart.
25. Jesus is with me on the journey.
26. I outwit the enemy when I choose to forgive.
27. Tempted by what does not satisfy, I turn to Jesus.
28. By accepting my own belovedness, I can best love others.
29. Through Scripture, I can know God.
30. I accept others as they are and not as they should be.
31. I choose to practice gratitude by giving thanks today.



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