

# Power Thoughts

**Power Thoughts:** Important affirmations, coping strategies, and new attitudes you are striving to remember. These can involve specific relaxation instructions, imagery for healing, suggestions for improved self-esteem, mantras for success, reminders for altitudinal change, and assertions that everything, in the end, will turn out okay.

Each day I become more and more relaxed.  
I accept my body, every feeling, every sensation.  
I breathe deeply and calmly when I feel stress.  
Today, I choose to be happy.  
I am expressing my needs and feelings to my loved ones.  
Be considerate of others.  
I am responsible for making myself feel good.  
Say the truth.  
My stomach is loose and calm.  
Stand up for what is right.  
I am loving and good.  
I can stop unloving thoughts.  
I will succeed in anything I put my mind to do.  
Whenever I feel stress, I'll fill my body with peaceful light.  
Have healthy associations.  
It is OK to ask for help.  
I choose to forgive.  
I choose to heal.  
I acknowledge the unique and special person that I am.  
Today, I can handle whatever comes up.  
I am ready to accept positive changes in my life now.

If you want to change something, write an affirmation that will remind you to do so. Make the affirmation positive (stay away from “don’t” and what you will “not do”) and be certain it describes exactly what you want to achieve.