



The iysoul Collection

50 Affirmations for the Mindful Soul

INNER SANCTUARY (Peace & Letting Go)

- I am thankful for all that I have.
- I am letting go of what I cannot control.
- I am releasing negativity to make room for miracles.
- I am patient with my journey and the timing of the universe.
- I am the calm at the center of the storm.
- I am at peace with my past; it has prepared me for my future.
- I am worthy of rest without guilt.
- I am breathing in peace and breathing out tension.
- I am safe, I am grounded, and I am held.

RADIANT VITALITY (Health & Healing)

- I am healthy, vibrant, and strong.
- I am infused with the energy of health.
- I am happy in my own skin.
- I am loving the work I do and the person I am.
- I am getting positive results in all my efforts.
- I am exactly where I am supposed to be.
- I am nourishing my body with movement and kindness.
- I am listening to what my body needs today.

THE GLOW-UP (Identity & Confidence)

- I am powerful beyond measure.
- I am brave enough to be my authentic self.
- I am beautiful, inside and out.
- I am fearless in the pursuit of my dreams.
- I am stronger than my loudest fear.
- I am talented, capable, and worthy of all good things.
- I am proud of the woman I am becoming.
- I am unapologetic about my boundaries.
- I am my own biggest cheerleader.

ABUNDANCE & FLOW (Wealth & Manifestation)

- I am a magnet for abundance and prosperity.
- I am open to receiving wealth in expected and unexpected ways.
- I am worthy of a life of ease and luxury.
- I am moving from chasing to attracting.
- I am financially free and secure.
- I am letting my light shine, and the world is rewarding me for it.
- I am in flow with the abundance of the universe.

THE VISION (Success & Growth)

- I am creating the life I truly desire.
- I am growing, evolving, and always ready to learn.
- I am proud of the progress I have made today.
- I am motivated, focused, and full of purpose.
- I am successful in everything I put my energy into.
- I am confident in my unique gifts and talents.
- I am an achiever, and my potential is limitless.
- I am turning my obstacles into stepping stones.

SOUL CONNECTION (Intuition & Divine Feminine)

- I am deeply connected to my intuition.
- I am trusting the whispers of my soul.
- I am embodying my Divine Feminine power.
- I am soft, yet I am incredibly strong.
- I am worthy of love, simply because I exist.
- I am kind to myself and
- I am blessed and I am a blessing to the world.
- I am slow to anger and quick to show grace.
- I am a divine being having a human experience.