

# Affirmations

Stepping Into  
Your Power  
Using Positivity

by

Janette Stuart

Angel  Angles  
with janette stuart

*Angel*  *Angles*  
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Hello, dear heart and thank you for your interest in affirmations and positively stepping forth in your power.

Affirmations can help us all, especially during times of uncertainty. Affirmations are wonderful self-care tools that pave the way for that which we declare or affirm to be our truth. It is recommended that you craft your affirmations in the present tense and as if asking for what you do want, not for what you do not want.

As you read about in Chapter 2 of *The Ultimate Guide to Self-Healing, Volume 2*, affirmations activate positive transformation in our lives.

I am so grateful for you. I hope this booklet of affirmations for various occasions blesses your heart and life.

Love,

Janette

Emissary of Joy



“Every thought we think  
is creating our future.”  
- Louise Hay



# Affirmations to Start the Day

I am grateful for the gift of today.  
I begin the day knowing all is well and that I have  
enough time to get all I want completed.  
I am Supported.  
I am Safe.  
I am Protected.  
I am Loved.

GRATITUDES - AFFIRMATIONS	NOTES
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# Affirmations for Work



Today, I send

me, my workspace, my coworkers,  
and all those I interact with  
blessings of love.

I am making valuable contributions.

I enjoy being creative during  
my day.



My work matters.



I am willing to learn  
something new today.

I am an encourager.

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# Affirmations for Family

Today, I let my family know how important they  
are to me.

I am an encourager.

I get the rest I need so that I can better  
navigate my responsibilities.

I look at the big picture of the situation at  
hand.

I let love guide my every thought, word, and  
deed.

I remember my sense of humor and use it  
often to bless myself and others.

I am grateful for the gift of my family.



The words  
I AM  
are powerful beyond  
measure. The words  
you think and say  
create your reality.

Today, choose an  
affirmation to guide  
you. A few examples  
are I am well, I am  
loved, I am protected,  
I am strong.

Janette Stuart





# Affirmations for Abundance

I am grateful for the many blessings in my life.

I am grateful and appreciative of the gift of ideas and inspiration in my life.

I am grateful and appreciative of the gift of family and friends in my life.

I bless my source of income with love now and trust that it is expanding in known and unknown ways.

I allow myself to dream of a better life.

I allow myself to receive even more.

I acknowledge each gift, compliment, and act of kindness with a sense of overwhelming gratitude.

I allow humor and childlike wonder in as I imagine that money really does grow on trees.

I generously give to others knowing that my kindness is multiplied in return.



# Affirmations for Self-Care

I am grateful for this precious vessel: this beautiful body that houses my soul.

I am worthy and deserving of tending to myself.

I allow myself to receive goodness and grace.

I schedule time to regularly indulge in self-care measures knowing I am worthy and deserving.

I treat myself with great respect and dignity. I am so worth it.

I know that by taking good care of myself I am better able to navigate all areas of my life.

I get the rest I need.

I fuel myself with nourishing foods and beverages.

I am careful about who, what, and where I spend my time.

I say yes only when it feels right.

I allow myself to say no to protect my peace of mind.



# Affirmations for Difficult Times

I am grateful for the gift of my life, even  
when things are difficult.

I get the rest I need so that I can better navigate my  
responsibilities.

I ask myself often, what do I need at this moment and  
act accordingly.

I ask for help before I reach my breaking point.

I allow others to assist me.

I remember to breathe.

I enjoy nourishing food and hydrate regularly.

I remember I am human and need love, support, and  
acceptance and reach out to those who encourage  
me.

I am loved, supported and protected every step of  
the journey.



# Affirmations to End the Day

I count my blessings.  
I release the day that was and welcome peaceful slumber.  
I am Supported.  
I am Safe.  
I am Protected.  
I am Loved.

GRATITUDES - AFFIRMATIONS

NOTES

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- 2 \_\_\_\_\_
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**I AM:**

WHATEVER  
FOLLOWS THE  
"I AM" BECOMES  
YOUR TRUTH.  
BE VIGILANT WITH  
THE STATEMENTS  
YOU THINK AND  
SAY ABOUT  
YOURSELF.  
*~Janette Stuart*

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'WALK AWAY FEELING BETTER'

Janette Stuart: Emissary of Joy at Angel Angles and Well-Being and Wonder is a beacon of love, joy, peace, and gentleness. She is a #1 Best Selling author, blogger, military mom, and pancreatic cancer survivor who uses the gift of her words and positivity to assist others to embrace their divinity using tools such as her series of devotionals called “On a Path of Joy.”

As an angelic practitioner, she shares goodness and grace and the healing beauty of nature frequently in her work to inspire others. She has developed an inspirational card deck called “Love Notes from The Divine” and is co-creator of “Words of Wisdom Guidance Cards” and shares daily messages of love and encouragement on social media. Janette and her friend, Becky Wilbur, have a venture called Well-Being and Wonder and host live events to encourage others to embrace self-care and ways to improvise, adapt, and overcome life challenges.

Janette lives in the San Francisco Bay Area with her husband Mark of 37 years and their boxer dog Spike who rescued them 7 years ago. She has a grown son who is proudly serving in the United States Coast Guard and is one of her biggest joys in life. She retired in 2015 from a career in finance and human resources with 36 years of service and joyfully now does the work of her soul daily. Janette loves cooking, being out in nature, writing, and has an impressive collection of stationery, pens, and journals.

Connect with Janette here:  
[www.angel-angles.com](http://www.angel-angles.com)



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