

Personal Growth Affirmations

Henry Ford said, "Whether you think you can or you think you can't, you're right."

I can.

There is wisdom in looking at a plant that has many thorns and only one flower, and calling it a rosebush instead of a thornbush.

I can focus on the beauty rather than the pain.

A man once named his alarm clock his "Peace and Joy" clock. Now he wakes up peaceful and joyful instead of alarmed.

I can label life in a new way, one that helps me be more joyful and peaceful.

We are all part of the human race, but racing faster will not make me more human.

I can relax and slow down.

Touch is important. People who are ignored or seldom touched develop a constant sense of loneliness and begin to protect themselves from others.

I can be in touch with other people and even share hugs.

When an oyster is irritated, it makes a pearl.

I can deal constructively with my irritations.

Goals provide direction for a person's life, and most successful people have goals they work toward.

I can decide today the goals I wish to disdain.

People deserve love. I am a person.

I can be kind, compassionate, and gentle with myself.

If the contents in a canoe are all put on the same side, it will tip over.

I can be centered and balanced.

Long-term anger creates such stress that it may eventually lead to heart attack.

I can forgive instead of holding grudges.

Options are always available to me.

I can turn my stumbling blocks into stepping stones, my lemons into lemonade, my challenges into triumphs.

My fingerprints, personality, and capabilities are different from every other person.

I can be uniquely and fully myself.

We are all part of the human race, but racing faster will not make me more human.

I can relax and slow down.

Many wonderful things are free but sometimes what I want will cost me.

I can decide whether what I want is worth the price and choose whether to pay it.

Many people say things like “I love you, but . . .” or “I forgive you, but . . .” What comes after the “but” contradicts the words of healing.

I can watch my “BUT” and keep from using it.

A sense of humor is healthy, but sarcasm and ridicule are not funny.

I can keep my humor from being destructive.

Whether I am married or single, free or imprisoned, happy or unhappy is largely a result of the choices I make.

I can make choices that nurture me.

Thomas Edison made more than 5,000 wrong tries before he came up with the right filament for the light bulb.

I can learn from my mistakes.

When I throw a cactus at someone with my bare hands, we both get hurt.

I can give up hostility.

In the jungle, fear of snakes can help me be cautious and perhaps even save my life. But if fear of snakes keeps me from stepping outside my house in the city, it is an irrational fear that traps me.

I can deal effectively with my fears.

The words we use have a great deal of power, especially words like "I hate you" or "I forgive you," or "I love you."

I can choose words of healing and affirmation when speaking to myself and others.

Albert Einstein received low grades in math. Winston Churchill received low grades in English.

I can overcome early discouragements.

I am faced with four choices:

- 1) Do it and enjoy it.
- 2) Do it and don't enjoy it.
- 3) Don't do it and enjoy not doing it.
- 4) Don't do it and don't enjoy not doing it.

I can choose that which I enjoy.