



Make a Bucket List

100 POSITIVE AFFIRMATIONS BUCKET LIST

- 1. I believe in myself. I choose myself.
- 2. I am enough. I have enough.
- 3. I am grateful for another day of life.
- 4. I am calm, happy, grateful, and content.
- 5. My life is a gift and I appreciate everything I have.
- 6. I am allowed to ask for what I want and what I need.
- 7. I am allowed to feel good.
- 8. Changing my mind is a strength, not a weakness.
- 9. I am in the right place, at the right time, doing the right thing.
- 10. My only job is to learn and grow.
- 11. My past is not a reflection of my future.
- 12. I am strong enough to make my own decisions.
- 13. I'm courageous and stand up for myself.
- 14. I will succeed today.
- 15. I am worthy of love.
- 16. I love myself deeply.
- 17. I deserve to forgive, and I deserve to feel joy.
- 18. I am proud of myself and my achievements.
- 19. I am worthy of what I desire.
- 20. My body is healthy, and I am grateful.
- 21. All is well.
- 22. Life is about balance and not perfection.
- 23. I'm allowed to take time to heal.
- 24. I am growing and I am going at my own pace.
- 25. I am held and supported by those who love me.
- 26. I am optimistic because today is a new day.
- 27. I can do hard things.
- 28. I am resilient in the face of challenges.
- 29. I do my best, and my best is good enough.
- 30. My potential to succeed is limitless.
- 31. I let go of everything that doesn't serve me.
- 32. I am close to achieving my goals.
- 33. My life gets better as I get older.
- 34. I can do anything I put my mind to.
- 35. I'm worthy of respect and acceptance.
- 36. I have everything I need to succeed.
- 37. I leave room in my life for spontaneity.
- 38. I let go of the things that sit aching out of reach.
- 39. I look forward to tomorrow and the opportunities that await me.
- 40. I strive for joy, not for perfection.
- 41. I overcome my fears by getting out of my comfort zone.
- 42. I trust myself to make the right decisions.
- 43. I am safe and supported.
- 44. When I allow my light to shine, I subconsciously give other people permission to do the same.
- 45. My contributions to the world are valuable.
- 46. I have the power to create change.
- 47. Difficult times allow me to appreciate the good times.
- 48. I choose only kind words for myself and others around me.
- 49. I surround myself with positive people who will help bring out the best in me.
- 50. I welcome the wisdom that comes with growing older.
- 51. I will allow myself to evolve.
- 52. My pleasure does not require someone else's pain.
- 53. My sensitivity is beautiful, and my feelings and emotions are valid.
- 54. My weirdness is wonderful.
- 55. Saying no is an act of self-affirmation too.
- 56. Today is an opportunity to grow and learn.
- 57. Sometimes the work is resting.
- 58. My life is full of amazing opportunities that are ready for me to step into.
- 59. I attract abundance into my life.
- 60. I am blessed with amazing family and friends.
- 61. My needs and wants are important.
- 62. I know exactly what to do to achieve success.
- 63. I make a significant difference in the lives of people around me.
- 64. I am open to new adventures in my life.
- 65. I'm bold, beautiful, and brilliant.
- 66. I'm free to create the life I desire.
- 67. I don't need someone else to feel happiness.
- 68. I have everything I need to achieve my goals.
- 69. I allow myself to make mistakes as they help me grow.
- 70. I trust that I'm heading in the right direction.
- 71. My body is perfect and how it should be.
- 72. No amount of worrying can change the future.
- 73. I deserve to forgive and be forgiven.
- 74. I will accomplish everything I need to do today.
- 75. I prioritize my well-being.
- 76. Letting go creates space for opportunities to come.
- 77. My heart knows its own way.
- 78. My perspective is unique and important.
- 79. There is peace in changing your mind when it is done in love.
- 80. There is something in this world that only I can do. That is why I am here.
- 81. When I release shame, I love into myself more beautifully.
- 82. When I speak my needs, I receive them abundantly.
- 83. I alone hold the truth of who I am.
- 84. Asking for help is a sign of self-respect and self-awareness.
- 85. Negative thoughts only have the power I allow them.
- 86. I seek out mystery in the ordinary.
- 87. My life is not a race or competition.
- 88. I am listening and open to the messages the universe has to offer me.
- 89. To make small steps toward big goals is progress.
- 90. I am well-rested and excited for the day.
- 91. I am doing the work that works for me.
- 92. I am responsible for myself, and I start there.
- 93. I breathe in trust, I exhale doubt.
- 94. I do not pretend to be anyone or anything other than who I am.
- 95. I have come farther than I would have ever thought possible, and I'm learning along the way.
- 96. I make decisions based on a good gut, I make changes based on a growing heart.
- 97. I make time to experience grief and sadness when necessary.
- 98. I celebrate the good qualities in others and myself.
- 99. I can control how I respond to things that are confronting.
- 100. I am complete as I am, others simply support me.

