

30 Days of Positive Affirmations to Start 2021

by Farnoosh Brock

*“If you knew how powerful your thoughts are,
you would never think a negative thought.”*

~ Peace Pilgrim

What would your life be like if you could master your thoughts?

Before I started my personal development journey in 2009, I was highly skeptical about the so-called power behind “positive thinking.” In the realm of the analytical, academic, and technical world that surrounded me, it was hard to believe in something that I could not see or measure.

Today, I chuckle at my naive self but also feel very lucky. One limiting belief can derail your whole life, and I’m grateful for staying curious and stubborn long enough to change my mindset.

In the end, here's how I embraced the power of positivity once and for all: I was able to prove it to myself. You can too with the following simple experiment.

Try doing three push-ups while constantly telling yourself, "I'm tired. I'm weak. I can't do this. I feel fatigued. This is hard." Then take a deep breath and come into position again and do another three push-ups while telling yourself, "I've got this. I'm strong. I'm capable. I'm powerful." You'll find that your body will accordingly respond to your thoughts, if you indeed believe what you say.

The clear association in this simple exercise shocked me, but soon it made me an evangelist of the world of positivity. If our thoughts are that powerful, I wondered, can we make them serve us and stop them sabotaging us?

The answer is an emphatic yes, and there are many ways to cultivate positivity as a habit, as a way of living and operating in your environment. One of my favorite entries into this world is with positive affirmations.

Quick definition: positive affirmations are simple first-person, present-tense statements that you feel comfortable repeating to yourself—either out loud or whispered—with a sincere intention. The intention is to believe the

affirmations and trust the process beforehand, rather than just go through the motions and “wait for them to work,” which is what a lot of naysayers to positivity do.

My number-one recommendation is that you come to your affirmations with an open heart, with a curious mind, and with a willing intention. If you are skeptical about positive affirmations at all, pause, go back up, and do the push-up exercise. You're probably not ready to start using the affirmations yet with any tangible success until you can set aside your skepticism and come in with an open and curious mind. Mindset comes first as you set yourself up for success with anything in life, and this is no exception.

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To help us start 2021 in the best frame of mind, I have shared 30 positive affirmations below. You can use them in a couple of ways:

1. A free-flow, unstructured approach would be to select 2 to 5 that you most resonate with and use these on a daily basis for 30 days.
2. Use 1 affirmation per day for 30 days.

How you use them is quite simple: You say the affirmation to yourself, preferably out loud and in clear measured tones, three times in the morning and in the evening in addition to any time that you feel your inner calm is low and needs refueling.

After 30 days, our hope is that you will have a reserve of grounded energy, a sense of calm and peace with yourself and your life, and a higher level of strength and joy throughout the day even as you go through new challenges and uncertainties of a new year.

A note about modifying the affirmations: If you feel that the wording of the affirmations is not resonating, and perhaps the phrasing feels foreign to you for whatever reason, no worries. You are welcome to adjust the words or phrases to personalize the affirmations, but keep the essence of the message intact. In other words, your personalized affirmations and the original one should have the same ultimate meaning.

Also, wherever you find a /, you are welcome to choose one of the options provided in that sentence.

30 Affirmations to Help You with a Strong Start to 2021:

1. Even though this situation is very difficult/challenging, and my life has been disrupted/thrown off, I deeply and completely accept it.
2. Even though right now I feel anxiety/heartache/loss/anger (replace your emotion), I deeply and completely love myself.
3. I love and approve of myself today and every day.
4. I feel the energy and presence of my loved one(s) [insert name(s)], who is/are not physically here anymore.
5. I believe that safety and normalcy will return to our society again.
6. I ground myself with deep breathing and deep gratitude.
7. Listening to my intuition keeps me safe and sound.
8. I believe in the goodness of people.
9. I have the power to create my desired future one step at a time.

10. I am in control of my destiny, my attitude, and my thoughts.
11. I draw strength from my inner wisdom, inner light, and inner peace.
12. I trust myself.
13. I make smart and sound decisions for myself and my family.
14. I have as much brightness to offer the world as the next person.
15. I inhale calmness and exhale anxiety/stress/nervousness/sadness.
16. Everything is working out for my highest good.
17. Asking for help is an act of courage and humility.
18. I have enough patience and resilience to overcome whatever today brings.
19. I may not understand the good in this situation/relationship/life experience, but it is there.
20. I choose to release the false stories I make up in my head.

21. I may not solve the pain and suffering of others, but I listen with empathy and compassion.
22. I am choosing to see the best of the unfortunate circumstances of the pandemic.
23. The hardship of 2020 has helped me to become a stronger and better human being.
24. I choose to identify the opportunity in every challenge or difficulty.
25. I am a leader in my own life/relationships/work.
26. It is my duty and pleasure to care about others and to show it in the best way I can.
27. I believe good will come out of this situation even if I cannot see it right now.
28. I inhale love and patience; I exhale frustration and anger.
29. I heal myself with the power of love, peace, and joy within me.
30. I believe in a bright future and in our moving forward in that direction together.

Positive affirmations can be a powerful tool to provide you with leverage, and in the areas of life that you can have leverage, you want to capitalize on them as much as possible.

This tool has helped me so much that I created an audio program around it called [The Positive Affirmations for Life program](#), which to date has helped a few thousand people. I'd love to have you join us in the program!

So as you commit to a year of calm, gratitude, control, and groundedness, remember to use your affirmations on a daily and consistent basis. Plant the seeds of the future that you wish to create for yourself in your subconscious mind first and let it materialize for you over time with the practice of mastering your thoughts one positive affirmation at a time.