

Morning Affirmations for Waking Up Happy and Positive

Introduction:

Welcome to this guided morning affirmation track to help you wake up happy and start your day positively. Listen and repeat each affirmation after me. This is your time now so honor it.

Track 1:

- 1. Today is the beginning of an exciting new adventure.
- 2. I wake up energized and excited.
- 3. I believe today is the best day of my life.
- 4. I am feeling healthy and strong today.
- 5. I start the day with a positive outlook.
- 6. Today I start a fresh new chapter of life.
- 7. I can solve any challenges that arise today.
- 8. Making smart decisions comes easily to me.
- 9. I make the right choices all day using my inner wisdom.
- 10. I am happy with my life.
- 11. I create great memories for today.
- 12. Gratitude for another day on this earth fills my heart.
- 13. I give my energy to what matters the most.
- 14. I choose to make this an amazing day.
- 15. Wonderful things unfold before me today.

Track 2:

- 16. I have the power to make this a great day.
- 17. My energy is a source of positive light for everyone.
- 18. I trust in my own power to make the right calls today.
- 19. I feel happier, healthier, and stronger than yesterday.
- 20. I keep stress at bay all day long.
- 21. I am grateful for the challenges of my day.
- 22. My purpose inspires someone else to live better today.
- 23. I choose an uplifting attitude for my day.
- 24. I find the solutions to all my problems.
- 25. I scatter kindness everywhere I go today.



- 26. I stay true to my core values all day long.
- 27. My presence has positive impact on others.
- 28. I renew my commitment to my goals.
- 29. I see the opportunities that are in front of me.
- 30. I accomplish great things today.

Track 3:

- 31. I wake up happy and productive.
- 32. I feel centered in my own body.
- 33. I am getting better at everything that I do.
- 34. I honor my own needs while serving others.
- 35. I respect my need to rest after I push myself.
- 36. I do my highest work today.
- 37. I stay focused on what matters the most.
- 38. My work energizes me.
- 39. I allow my creative genius to shine brightly.
- 40. I express my emotions in a peaceful way.
- 41. People appreciate all my efforts.
- 42. I start today with an open mind and a calm presence.
- 43. Life presents me with wonderful possibilities today.
- 44. I leave everyone I meet a little happier.
- 45. I make this the best day of my life.

