

# Power My Life

## Mindset Affirmations to Shift Your Life



- I am learning that my thoughts hold great power in directing how I feel
- I am learning that my feelings are what is creating my reality by attracting situations that match that feeling
- I am finding it easier everyday to create time to listen to my mindset affirmations
- I am finding my energy shifting into more a more positive state easier every single day
- I am choosing to allow my energy to stay positive and strong
- I am choosing to allow into my energy field on that which I choose!
- I am choosing to stay connected to a high vibrational energy flow every single moment of my day
- I find when I slip into old patterns, I choose to believe that I am moving to my next level and what isn't in alignment with that comes out of my frequency
- I am choosing a more positive lifestyle everyday
- I am choosing to have more energy
- I am choosing to direct my thoughts and feelings to a higher vibrational frequency
- I am very mindful of my energy field and consciously create time to feed it with high vibrational thoughts and feelings, like journaling, meditation and visualisation
- I am conscious when I go to work, to stay connected to my high vibrational energy frequency, no matter what is going on around me I choose to stay connected to my high vibrational energy
- Things only affect me when I let them and I choose to have high vibrational, powerful energy supporting me every single day
- I stay connected to my intuition and my guidance and trust it 100%
- I realise that I am acutely aware of what other people are thinking and feeling, before they even say it
- I realise that I am acutely aware of what other people are not even conscious of and that is why they seem to be upset with me when I say certain things, when I didn't even mean it that way
- With this knowledge, I am learning that I am highly intuitive and see, know, hear and feel so much - because this are my intuitive skills and I am highly switched on with these
- Because of this, I choose to be acutely aware and listen intently
- I realise that I don't even need to say things to them, not even when they are sharing them with me, that which I knew all along
- I realise that my high powered vibration is naturally waking them up and this is just them becoming conscious of what I have known all along
- With this realisation, I don't need to say anything to them, my listening skills is my power and this shifts them beyond measure
- I quietly smile with my clarity of intuition and realise that this is the Universe showing me how acutely I am switched on and is confirmation of what I knew all along
- My intuitive healing power comes in from just holding space and knowing that everything I feel isn't me
- I trust myself when I need to speak up and when I need to listen and I act accordingly
- I am learning to deeply trust myself
- My intuitive power comes in strongly when I listen
- I listen, I trust, I am