



# ReAwakening

Bringing you back to your  
Authentic Self

*A Self Healing Experience*  
AFFIRMATION CARDS

*www.Amy-Egan.com*



*My head is clear,  
and I am able to  
concentrate.*



*I am confident in  
who I am and my  
appearance.*



*I am thankful for  
what I have and  
fearless  
for what I want.*



*I am ready to  
embrace change.*



*I have plenty of time  
to accomplish the  
things that I need to.*



*I am able to stay open  
and keep firm  
boundaries.*

*This will allow me to  
walk forward in  
power and grace.*



*I am overcoming my  
fears and developing  
unconditional  
self-love.*



*I am victorious.*



*I am fully connected  
and aligned with the  
essence of myself.*



*I am safe and secure.*



*I celebrate when  
money goes in and out  
of my life.*

*I love all the things  
money does for me.*



*I am an inspiration.*



*I radiate  
goddess energy.*



*I am the master  
of my mind.*



*I am open and ready  
to let my true  
personality shine.*



*I am aligned with my  
greatest potential  
and inner power.*



*I am creating the  
future I desire.*



*My mind, body, and  
soul are in perfect  
harmony and  
balance.*



*My inner child is  
healed and whole.*



*I am able to swiftly  
find my way  
around obstacles.*



*I exude confidence.*



*I am calling in to my  
life what I need to  
grow and evolve.*



*I show up for myself.*



*I am able to reach my  
divine potential in all  
of my relationships.*



*I am living out  
my dreams.*



*I allow my  
environment to  
support me.*



*Dear Higher Self,  
I completely and  
joyfully surrender to  
you. Live, act, speak,  
feel, and breathe  
through me.*



*I listen to the  
wisdom of my light.*



*I am able to utilize my  
vocal expression.*



*My house is an  
energetic bath where  
people thrive.*



*Everything that has  
been lost is being  
returned to me.*



*I am living an  
extraordinary life.*



*As I see the value in  
myself my bank  
account grows.*



*Every time I give love,  
I get filled up  
with love.*



*I have good genes  
all around.*



*I am a manifestation  
generator.*



*I see evidence of new opportunities growing and unfolding for me.*



*My loved ones and I  
have healthy  
communication and  
boundaries.*



*I have an abundance  
of healthy  
relationships.*



*I easily and joyfully  
synchronize  
coherence between my  
heart and mind.*



*My energy field  
is clear.*



*I am experiencing  
unconditional love in  
all my relationships.*



*I am open and ready  
to be seen and heard.*



*I am balanced between  
energy, rest, and  
movement.*



*I maintain heart  
openness balanced  
with confidence,  
trust, love,  
empowerment, and  
compassion.*



*I have found  
strength in my  
vulnerability.  
I am my own  
internal support.*



*I trust the diving  
timing of my life.*



*I am in control of my  
schedule. I design it  
to best suit my needs.*



*I am a healthy and abundant person.*



*All of my chakras are  
balanced, opened,  
and aligned.*



*I am living in bliss  
and harmony.*



*I am embracing the  
unknown. It is an  
adventure.*



*My life is shifting  
and expanding in all  
the most beautiful  
ways.*



*I am open and ready  
to listen and feel into  
my body.*



*I am reclaiming my  
authenticity.*



*My needs are a  
priority.*



*My path is unfolding  
beneath my feet.*



*I have trusting  
connections.*



*I relax and embrace  
the moment.*



*I am connected to  
abundance in all  
its forms.*



*I release my need to  
control the way in  
which things unfold.*



*I am open and ready  
to continue to rise.*



*I boldly choose myself.*



*I nourish my mind,  
soul, and body.*



*My life is full of  
endless support in  
the physical and  
spiritual realm.*



*I am the embodiment  
of happiness, joy,  
bliss, pleasure, and  
prosperity.*



*My words and  
actions move  
through love.*



*I choose to take  
actions that move me  
forward toward my  
highest good.*



*I am a being of giving  
and receiving.*



*I am always  
financially safe  
and secure.*



*I am open and ready  
to develop new  
healthy friendships  
in addition to my old  
healthy ones.*



*I am the divine  
creator of my dreams.*



*I have a healthy and  
active body.*

*I am aligned with the  
frequency of  
optimal health.*



*I allow things to  
unfold naturally.*



*I am fully balanced in  
all areas of my life.*



*My needs are  
a priority.*



*I reclaim the joy of  
eating through  
mindfulness.*



*I operate from a place  
of empowerment.*