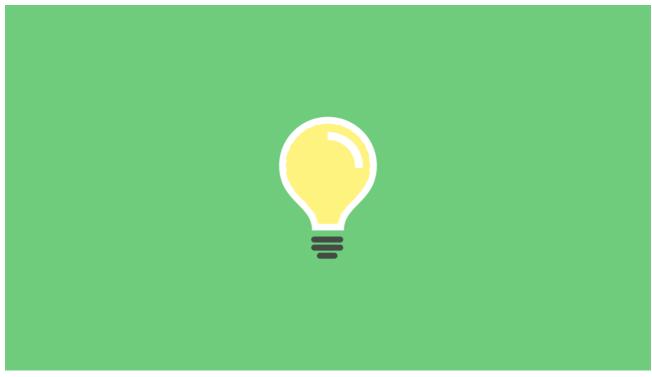
Affirmations For Anyone Struggling With Anxiety

Affirmations for anxiety to help you calm down quickly.



I am a strong, independent person.
Breathing in, I calm my body; breathing out, I smile.
There are no mistakes, only lessons to be learned. I did the best I could.
I am prepared for change. I am strong.
I am capable of solving any problems that face me.
Anxiety might make me feel uncomfortable, but I am in charge of my mind & body.
This too shall pass and I can stand this.
I have the power to stop this.
I will make this happen.
am relaxed; I am calm.
I am attracting positive energy into my body.
I'm strong and can persevere.
My anxiety does not control me.
I will only allow healthy things in my life right now
I can overcome my fear of anything and everything and live life courageously.
I can take things one step at a time.
I've survived this before; I'll survive now.

I'm actively taking steps to reduce my anxiety.	
I'm courageous and can make it through.	
I am in control of my thoughts and my life.	
This is only temporary.	
My challenges bring me better opportunities.	
I have made it before, and I Will make through again.	
I'm attracting positive energy in my bod	Make and Share Free Checklists
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