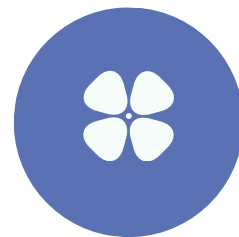


Living & Leading With Your Heart

Daily Affirmations



My heart is clear.
My heart is open.
I trust my heart.
I connect to my heart with ease.
I hear my inner knowing and take right action.
My heart and I are filled with joy.
It is safe to look within.
It is safe to live from my heart.
It is safe to lead with my heart.
I claim my own heart's wisdom.
I deserve the highest and best.
I am full of joy.
I am resilient in hope.
I am powerful.
I trust love.
I trust joy.
I trust myself to make choices.
I enjoy today and I am at peace.
I trust my truth.
I speak my truth with ease.
I move forward with grace and joy.
I accept myself.
I love and accept myself.
I know what I need and ask for help within and without.
I appreciate all of me, mind, body, soul and emotions.
I am filled with joy and gratitude.
I believe in love.
I let my inner light shine.
I connect to my heart's glow and use it in love.
My heart and I work together with ease.



Kristen Darcy

Author | Divorce & Fertility Coach | Speaker