

STORY AFFIRMATIONS

3 examples

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STORY AFFIRMATION for Support in Making Change

This story affirmation was created in collaboration with a woman in her 60's, newly retired, who felt her life had become dull and routine. She observed that her imagination had been thwarted by years of doing a job that wasn't very satisfying, and living in a relationship that was mostly rote, providing minimal joy. She knew she had a chance to begin again, to live the next chapter differently, and she wanted her Story Affirmation to support her in making this change. In particular, she responded enthusiastically to deeply spiritual language, which she found helped her feel more aspirational.

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Good morning.

I am _____, goddess of my being, beloved spark of the divine

descended from a great lineage of powerful and joyful ancestral women who carved the path before me and who are with me always.

I am a master of living in the Now and directing my thoughts, feeling, emotion, body, brain and mind into alignment with my Inner Being.

I am in the process of continually knowing, seeing, sensing and hearing my Inner Being

I have a firm understanding about the life I came here to live. Every day brings a deeper and clearer awareness of who I am, how I can enjoy life to its fullest and how I can contribute to the evolution of all Life.

Today my love for God and all of life guides my thoughts, words, and deeds

More and more abundance flows generously into my life in every area as my desires manifest quickly and easily under grace in perfect ways

Every day I awaken and say:

“Thank you God. Thank you for the joy of being alive for one more glorious day.”

Today I sense the perfect health of my body mind temple continually arising in every cell

I am reminded that I have lived well.

I realize more with each passing day that I am a vibrant person with blessings to inherit and goodness to share.

Increasingly I have the freedom to live the life I choose, with love, joy, vibrant health, and curiosity.

I am guided to the perfect opportunities, people and situations to enrich my professional and my personal lives in wonderful and often unforeseen ways

More and more, abundant supply flows in from all directions, and I’m led to the work the relationships, the play, the love, and creative pursuits that are most suited to my unique and evolving mission

I know that I can achieve at the highest levels in whatever areas I choose

Each day I proclaim:

“ I am now who I came here to be!”

I send this prayer to the ancient universal source of all that is

Giving thanks for all that I have and all that I will have

For all that I will give and all that I will receive

And so it is.

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Story Affirmation for Finding Peace in Turmoil

This Story Affirmation was written in collaboration with a woman in her early 70's who had recently lost her husband and needed to make a number of difficult decisions about her next steps in Life. She wanted a Story Affirmation that would help her keep a positive attitude about herself, to learn to deal with her strong emotions, and to find a way to be at peace with her circumstances as events continued to unfold. She is a person who is fed by being in nature, and who has consciously used gratitude at various times in her Life to get through hard times.

Today I awaken with Gratitude in my Heart.

I am so grateful to be alive, to be experiencing the wonder of human life and to be walking on planet Earth with genuine curiosity and an open mind about what may unfold during this one-of-a-kind day.

I know that sadness, fear and lack of certainty may visit me today, which is understandable and not something I need to fight against. When these uncomfortable or painful feelings do arrive, I will not reject them, but will sit with them for a moment, allowing my body, mind and spirit to fully experience this changing emotional landscape.

I know that, as I sit with difficult feelings, they will naturally transform themselves into something else. I see my emotions like a flowing stream which continues to move toward the river, the ocean... Because I do not block the flow by resisting these feelings, my emotions naturally transform themselves. And so it continues. I am free to experience the full emotional diversity of human Life. I am not afraid of my feelings.

I am both strong and resilient, fed by Life, nurtured by the very air that I breathe, unafraid of living with enthusiasm and confidence. I know that I can make any decision that comes my way using my intelligence, experience, intuition, and expansive heart to choose well, to my own greatest benefit.

I notice the tiny joys of Life, at times even savoring the feeling of breathing in and breathing out. Each movement I make is purposeful. I inhabit it. I am fully present to my experience.

I know that each day is a new opportunity to see Life afresh, to listen to the birds, to feel the breeze on my face, to watch the cardinals flit in pairs from tree to tree, to watch the colors of the sky change.

I give thanks this morning for the mammoth supplies of love that have come my way during this Life, and for the precious people who have accepted my love along the way.

I give thanks this morning for my fine mind, for my beautiful body that still provides me with pleasure and carries me where I want to go, for my sense of humor, intelligence, and for all the many forms of creativity that I've played with and enjoyed. I give thanks for all that has been provided for me, and for everyone who has accepted the gifts that I have shared.

I know that all this beauty is merely an indication of all the beauty still to come.

I affirm, today, that Life is good, that joy is accessible, today and always.

And so it is.

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A Brief Story Affirmation for Meriah*

Here's a brief simple example of one of my own personal Story Affirmations. I read it anytime I want to remind myself of some of my accomplishments, particularly a few of the lesser-known high points that are important to me, although very few other people even know about them. Every time I read it I'm reminded of how rich my professional life has been and continues to be.

*Although it's not like the other examples shown here, it shows how **our Story Affirmations can be a true alternative to what we usually say about ourselves, either out loud or inside our own minds.***

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A FEW WELL-KEPT SECRETS FROM "my past lives"...

I have long known myself as a writer, dancer, therapeutic bodyworker, retreat leader, but at times I forget that:

while traveling in Kiev, I once advised the leaders of a Ukrainian industrial concern on the art of forming joint ventures with American manufacturers...

that I once taught African dance to children in wheelchairs and modern dance to football players in rural Kentucky schools...

and that I was commissioned to choreograph a dance-theater piece for Down Syndrome students that was performed at the Kennedy Center.

* This was written with a formula I learned from a publicist, Susan Harrow. Your Story Affirmation *will not be written using this formula.*

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