

Guided Sleep Meditations & Hypnosis Affirmations

100 Positive Affirmations on the topics of health, wealth, happiness and relationships that you can use to create your own guided sleep sessions, use in your subliminal MP3s or simply read as a form of self-hypnosis whenever you desire.

Choose the ones that work best for you or alter them to fit your situation best.

25 Positive Affirmations for Health

I am grateful for my vibrant and healthy body.

Every day, I am getting healthier and stronger.

My body is a temple, and I nourish it with love and care.

I radiate good health, energy, and vitality.

I am in perfect harmony with my body, mind, and spirit.

I choose to make healthy choices that support my well-being.

Every breath I take fills me with healing energy.

My body is naturally programmed to heal and restore itself.

I am aligned with the natural rhythms of my body, promoting optimal health.

I release any tension and invite relaxation into every cell of my body.

I attract positive and supportive people and resources for my well-being.

I am grateful for the abundance of vibrant health in my life.

I honor and respect my body, nurturing it with wholesome foods.

Every day, I am becoming stronger, healthier, and more vibrant.

My body is a source of joy and vitality, and I treat it with love and respect.

I am open to receiving and embodying perfect health in every way.

I radiate healing energy to every part of my body, promoting well-being.

I am in tune with the signals my body gives me, and I take appropriate actions for my health.

I release any negative thoughts or beliefs about my health and embrace well-being.

My immune system is strong, protecting me from illness and disease.

I am grateful for my body's innate wisdom and its ability to heal.

I am surrounded by positive, loving energy that supports my well-being.

I am filled with vitality and energy, ready to embrace each new day.

My body is a vessel for love, light, and optimal health.

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I am the creator of my own health and well-being, and I choose wellness in every aspect of my life.

Remember, repetition and belief are key when using affirmations. Embrace these positive statements with conviction and allow them to manifest positive changes in your health and well-being.

25 Positive Affirmations for Great Relationships

I am deserving of loving and fulfilling relationships.

I attract loving, supportive, and positive people into my life.

I am grateful for the abundance of love and connection in my relationships.

I communicate openly and honestly, nurturing strong and healthy connections.

I radiate love and compassion, creating harmonious relationships.

I am surrounded by friends and loved ones who uplift and inspire me.

I attract and manifest deep, meaningful, and fulfilling relationships.

I am worthy of love and receive it unconditionally.

I let go of past relationship wounds and embrace new opportunities for love.

I attract partners who align with my values and support my growth.

I am a magnet for positive and nurturing relationships in all areas of my life.

I am a great listener and create space for authentic connection with others.

I am patient and understanding, fostering understanding in my relationships.

I forgive myself and others, allowing love to flow freely in my relationships.

I am committed to nurturing and strengthening my relationships.

I am open to giving and receiving love and support in equal measure.

I attract healthy boundaries that foster respect and growth in my relationships.

I embrace vulnerability, allowing deep connections to form with others.

I attract relationships that bring out the best in me and support my goals.

I choose relationships that are based on mutual love, trust, and respect.

I am grateful for the lessons and growth that come from my relationships.

I am a source of positivity and joy in my relationships.

I let go of expectations and allow relationships to unfold naturally.

I am worthy of unconditional love and accept it with an open heart.

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I am surrounded by loving and fulfilling relationships that bring me joy. Remember, affirmations are most effective when repeated regularly with belief and conviction. Embrace these positive statements and visualize the relationships you desire as you incorporate them into your guided sleep meditation sessions.

25 Positive Affirmations for Happiness

I am deserving of happiness, and it is my natural state of being.

Happiness flows to me effortlessly and abundantly.

I am grateful for the simple joys that bring happiness into my life.

I choose happiness in every moment, regardless of external circumstances.

I radiate happiness and positivity to those around me.

I release any negative thoughts and embrace the joy within me.

I am the creator of my own happiness, and I choose to be happy now.

I attract experiences and people that bring happiness and fulfillment into my life.

Happiness is my birthright, and I claim it fully.

I find happiness in the present moment, appreciating the beauty around me.

I let go of the past and embrace the happiness that awaits me in the future.

I am grateful for the lessons and growth that come from every experience.

I choose thoughts and beliefs that support my happiness and well-being.

I am open to receiving and embracing happiness in all areas of my life.

I am connected to an infinite source of joy and happiness within me.

I am free from the need for external validation to experience happiness.

I am surrounded by positive and uplifting energy that enhances my happiness.

I release any attachments that hinder my happiness and embrace freedom.

I am grateful for the blessings and abundance that bring happiness into my life.

I choose activities and relationships that align with my happiness and well-being.

I am at peace with myself and find happiness in self-acceptance.

I am worthy of happiness and allow it to permeate every aspect of my life.

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I choose to let go of worry and stress, cultivating a state of ease and happiness.

I am filled with gratitude for the happiness that surrounds me.

Happiness is my true nature, and I choose to express it fully.

Remember to repeat these affirmations with belief and conviction, allowing the positive statements to become embedded in your subconscious mind.

Visualize and embrace the feelings of happiness as you incorporate them into your guided sleep meditation sessions.

25 Positive Affirmations for Wealth

I am open to receiving abundant wealth and prosperity.

I am worthy of experiencing unlimited financial abundance.

Wealth flows to me effortlessly and consistently.

I attract lucrative opportunities that align with my purpose.

I am grateful for the abundance that exists in my life.

I release any limiting beliefs about money and embrace abundance.

I am a magnet for positive financial experiences and outcomes.

I deserve to be financially prosperous in all areas of my life.

I am aligned with the energy of wealth and attract it naturally.

Money is a positive force in my life, allowing me to create and contribute.

I am a money magnet, attracting wealth from multiple sources.

I am in control of my financial destiny and create abundant opportunities.

I am grateful for the financial abundance that flows into my life.

I am open to receiving and managing wealth with wisdom and gratitude.

I attract financial abundance effortlessly by following my passion.

I release any fears or doubts about my ability to attract wealth.

I am confident in my ability to generate unlimited wealth and prosperity.

I am financially free, allowing me to live the life of my dreams.

I am grateful for the wealth that I have and the wealth that is coming to me.

I am worthy of receiving wealth and abundance in all areas of my life.

I embrace a mindset of abundance and prosperity in every decision I make.

I am a powerful creator, and I choose to create a life of financial abundance.

I am open to receiving unexpected windfalls and opportunities for wealth.

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I am surrounded by positive and supportive people who encourage my financial success.

I am grateful for the abundant opportunities that allow me to increase my wealth.

Remember to speak these affirmations with belief and conviction, allowing their positive energy to shape your mindset and attract wealth into your life. Incorporate them into your guided sleep meditation sessions and visualize yourself living a life of financial abundance.