

"What breaks you down is not the amount of pressure you feel at one time,
but it's the way you perceive and handle it."
— Ashish Patel

Affirmations for Strength & Boundaries

Repeat these present-tense statements daily to re-train your subconscious mind to honor healthy boundaries with ease & strength.

Boundaries are not about pushing others away out of fear, anger, or mistrust. Those feelings only perpetuate what you don't want to experience in the world.

Instead, boundaries are about honoring what is sacred within. They are about loving yourself so purely that you are willing to accept all of your feelings and desires with grace and patience.

These affirmations will help you tap into the gentle energy of healthy boundaries so that you can begin to embody and navigate the world with confidence and ease.

There's no right or wrong way to use these affirmations. You can choose one and repeat it mentally to yourself throughout the day. Or you can read all of them aloud each morning - for an extra boost repeat them aloud to yourself in the mirror! You can also create your own inspired by the ones below.

The important part is to create an intentional daily practice that floods your mind with supportive thoughts and beliefs.

I have a right to my feelings.

I am safe.

I am divinely protected and supported.

The past has no power over my present. I can choose who and how I want to be in each new moment.

I love myself.

I create healthy, happy experiences in my life.

The more I love myself, the more I enjoy loving, supportive relationships with life and others.

All is well.

I forgive myself for things I cannot change. I use my power to intentionally create my future moving forward.

I accept myself as I am.

I love & forgive myself for choices I have made in the past. I get to choose who I will become in the future.

I am strong.

I listen to my intuition.

No one could be better at being me. I am one-of-a-kind and worthy of love and admiration.

I am inherently loved, just by being me.

My feelings are my compass. I trust how I feel.

I am love.