

NEGATIVE BELIEFS**POSITIVE BELIEFS**

IDENTITY, CORE, SELF LOVE, SELF WORTH	
I am wrong. I am imperfect.	I am perfect just as I am. I am (whole, worthy).
There is something wrong with me.	I am coming back into balance. My (system, body, mind, etc.) is coming back into balance and health.
I am defective. I am (weird, not normal).	I embrace and accept all parts of myself. I am whole and complete as I am. I am perfect just as I am. I am (whole, worthy). I am uniquely beautiful.
I am not good enough. I am not capable.	I am perfect just as I am. I am capable of anything. I deserve success, abundance and joy. I am deeply confident in (myself, my abilities). I can (be, do, have, create, etc.) anything I (desire, dream, want, etc.).
I'm not as good as other people.	I am a unique expression of beauty and divinity. I embrace and accept all parts of myself. I am whole and complete as I am. I am perfect just as I am.
I must help those who need it.	Everything is in perfect harmony and flow. Everyone is always getting what is necessary for their ultimate growth, healing, success and evolution. I am only responsible for my own happiness. I am of greatest service when I am happy and nourished.
I am unlovable. I am unworthy of love.	I am (worthy of love, lovable, love). I am (whole, enough, worthy).
I am not wanted/needed.	I am valuable. I am worthy of unconditional love. I have my own unique genius. There are many people in the world who want and need my gifts. My presence brings great value and joy.
I am (bad, a bad person).	I am worthy of love. I am perfect just as I am. I learn (valuable lessons) from all of my actions. I'm always doing the best I can with what I know. Everything I (experience, do) is happening for my growth, healing and (success, evolution, etc.). All of my experiences are valuable (and are what make me unique).
I will be abandoned if I love or care for something/someone.	I am surrounded by people who love and value me. Everything is always in perfect harmony and flow I embrace all (change, transitions). I see the perfection in all things.

	I trust the wisdom of (life, what is unfolding). There is great wisdom in (life/what is unfolding).
I need to be successful to be loved/get approval.	I am worthy of love (at all times, in every moment).
I'll never be successful.	Success comes effortlessly to me. Success can happen (effortlessly, rapidly). I have everything I need to be wildly successful.
I'm not worthy of success. I am not worthy of good things. I am not worthy of abundance.	I am worthy of love, lovable, love). I am (whole, enough, worthy). I am worthy of all the abundance, joy, goodness and love I can handle. I am worthy of having whatever I want. I am worthy of (abundance, wealth, prosperity, money, success). There is infinite abundance available to me in every moment.
I am worthless.	I am (worthy of love, lovable, love). I am enough. I am whole and complete exactly as I am. I deeply love and accept myself (exactly as I am).
What makes me (good enough, important) is having people (like, think well of) me.	I am always enough. I am worthy of love from everyone in every moment. Everything I do and say is beautiful. I am whole and complete exactly as I am. I am perfect just as I am. I embrace my uniqueness. I express myself freely. I bring unique gifts and contributions that the world benefits from. My worth is inherent.
No one understands me.	I embrace my uniqueness. I express myself freely. Other people see my brilliance. Other people appreciate me.
I am on the wrong path.	I am right where I need to be. Everything is in perfect harmony and flow. I am always in perfect harmony and flow. Everything is happening for my growth, healing and (success, evolution). I trust the wisdom of (life, what is unfolding). There is great wisdom in (life/what is unfolding). (Life, the universe) is conspiring in my favor.
I am awkward.	I am a unique expression of beauty and divinity. I embrace and accept all parts of myself. I am whole and complete as I am. I am perfect just as I am.
I need to be fixed.	I am whole and complete exactly as I am. I (am perfect, love and accept myself) just as I am.
I am guilty.	I am perfect just as I am. I embrace and accept all parts of myself.

	Everything that I do and experience is happening for my growth, healing and (success, evolution). There is learning and growth in all of my experiences.
Life is hopeless. I am hopeless.	There is abundant opportunity all around me. I am the creator of my reality. I control my destiny. I trust the wisdom of (life, what is unfolding). There is great wisdom in (life/what is unfolding). I can (be, do, have, create, etc.) anything I (desire, dream, want, etc.)
I am not important. I don't matter. Nothing I do is good enough.	I am valuable and needed. I am an important part of (this world, humanity, the universe, nature, reality, all things, my family, etc.). I bring unique gifts and contributions that the world benefits from. Everything I do is worthwhile and valuable.
I am separate. I am all alone. I do not belong.	I am (interconnected to, one with) all people and things. I am an important part of (this world, humanity, the universe, nature, reality, all things, my family, etc.). I am surrounded by love. I am deeply connected to (myself, others, all of life). I am valuable. I have the power to create (deep, meaningful, authentic, important) (connections, relationships) with others. I co-exist with all of life. I am loved and accepted by others.
I don't fit in.	I embrace my (uniqueness, unique self expression). My uniqueness is my (greatest asset, my source of abundance). I am perfect just as I am. I love myself just as I am. People value me (even though they don't always express it).
I am inadequate.	I embrace and accept all parts of myself. I am whole and complete as I am. I am uniquely beautiful. I am perfect just as I am. I am capable of anything.
I am stupid.	I am (smart, intelligent) and wise. I have unique ways of (expressing my intelligence, viewing the world). I have my own unique genius. I am learning and growing everyday.
I am a fraud. I am a failure. I am a loser.	I'm always doing the best I can with what I know. All my experiences are valuable learning and growth opportunities.

	I am constantly learning, growing and improving. I am successful at the core of my being. I am (unlimited, infinite, limitless). Everything I experience is happening for my (growth, healing, success, evolution). I am an essential part of (the universe, this world). I trust the wisdom of life. All of my experiences are valuable (and are what make me unique). I learn (valuable lessons) from all of my actions.
I am selfish.	I honor my needs and boundaries. I prioritize my health and wellbeing. I express my caring and giving in (unique, creative, non-traditional) ways. I express my caring and giving differently than others.
I am not safe. I am vulnerable.	I am safe (protected and cared for). (Life, the universe) is conspiring in my favor. I am safe in all situations and places.
I am not supported.	I am (always, deeply) supported (by life, by other people, by the universe) at all times. (Life, the universe) is always conspiring in my favor. I trust that I am always supported in every moment.
The world is not safe.	I am the creator of my reality. I will always be supported. Everything is in perfect harmony and flow. I trust that I am always taken care of and supported in all situations. I am safe (and supported, protected and cared for). I am safe in all situations and places. I trust the wisdom of (life, what is unfolding). There is great wisdom in (life/what is unfolding).
I cannot trust life.	I trust the wisdom of (life, what is unfolding). There is great wisdom in (life/what is unfolding). (Life, the universe) is conspiring in my favor,
I cannot trust others. People are untrustworthy.	There are many kind, trustworthy and caring people (in the world, in my life). I trust that I am always taken care of and supported in all situations.
I cannot trust myself.	I trust myself deeply in all situations. I can (be, do, have, create, etc.) anything I (desire, dream, want, etc.). I am capable of anything. I have all the resources I need within me.
It is not safe to be myself. It is not safe to express myself.	It is safe to be me. It is safe to be (fully expressed, vulnerable), open, authentic). I trust that I am always taken care of and supported in all situations.

	I am safe (and supported, protected and cared for). I am safe in all situations and places.
It is shameful to experience pleasure.	It is my birthright to experience pleasure. Experiencing pleasure is healthy and natural.
It is selfish to experience pleasure. It is greedy to experience pleasure. It is shameful to experience pleasure. It is sinful to experience pleasure.	It is (natural, healthy, beautiful) to experience pleasure. I deserve to experience pleasure. Experiencing pleasure is my birthright.
I am not in control. I am powerless.	I am the creator of my reality. I am powerful.
I am not free.	I am free. I am the creator of my reality. I am (limitless, infinite, etc.). I can (be, do, have, create, etc.) anything I (desire, dream, want, etc.).
I am inferior. I am insignificant.	I am perfect just as I am. I am important and valuable. I am valuable. I have my own unique genius. There are many people in the world who want and need my gifts. I trust myself deeply in all situations. I can (be, do, have, create, etc.) anything I (desire, dream, want, etc.). I am capable of anything. My presence brings great value and joy.
BODY	
I am ashamed of my body. I am ashamed of my sexuality. I am shameful. I'm unattractive (ugly, fat, etc.).	I love and accept my body just as it is. I am (whole, beautiful, perfect) just as I am. (Sex, sexuality) is natural, beautiful and healthy. My body is (beautiful, sexy, strong, capable). I am a unique expression of beauty and divinity. I am a work in progress.
SICKNESS / SUFERING	
I am (sick, damaged, broken).	I am coming back into balance. My (system, body, mind, etc.) is coming back into balance and health. I am healthy and whole. I am getting healthier every day.
I will never get better.	My mind and body are resilient. I am getting (better, healthier) every day. I am coming back into balance. My (system, body, mind, etc.) is coming back into balance and health.
My wounds give me strength.	I am strong because I am whole. I am (unlimited, infinite, limitless). I am inherently strong and powerful.
I thrive in adversity.	I thrive in all situations. I learn my (life) lessons with ease and grace. I am (unlimited, infinite, limitless).

SELF-LIMITATION	
I am behind. I should be farther ahead than I am.	I am right where I need to be. Everything is in perfect harmony and flow. I am always in perfect harmony and flow.
I am stuck.	I am always growing, learning, changing. (I, my life, my circumstances) can improve (at any time, rapidly). All my experiences are guiding me towards what I want. I am in the process of figuring everything out. There is learning and growth in every experience.
I am being punished for past wrongs. I am being punished for past mistakes. I have done something wrong.	Everything is happening for my growth, healing and (success, evolution, etc.). I'm always doing the best I can with what I know. I trust the wisdom of life. All of my experiences are valuable (and are what make me unique). I learn (valuable lessons) from all of my actions.
I am limited. There are limits to what's possible.	I am (limitless, infinite, etc.). I can (be, do, have, create, etc.) anything I (desire, dream, want, etc.). I am the creator of my reality. There is infinite (creativity, abundance) available to me (in every moment). Anything is possible (in every moment).
I am here to suffer.	I am here to thrive. Everything I experience is happening for my (growth, healing, success, evolution)
I don't deserve for life to be easy. I don't deserve for good things to happen to me. I deserve to be punished. I deserve to suffer. You get what you deserve.	I deserve effortless abundance and joy. There is learning and growth in every experience. I deserve all the abundance, joy, goodness and love I can handle. I deserve to have whatever I want. I am the creator of my reality. Ease and joy are available to me in every moment. (Life, the universe) is always conspiring in my favor.
CHANGE	
Change is difficult. Change can't be easy.	Change is (easy, effortless, fun, etc.).
Change takes a long time.	Change (can) happen(s) (quickly, instantly).
Change doesn't happen overnight.	Change (can) happen(s) (rapidly, quickly).
Change is not safe.	Change is safe. It's safe to make big changes. I am (effortlessly, always) supported in all change(s).
Change is painful.	Change (feels good, is fun). I (love, welcome) and embrace change.
LIFE-LIMITATION	

Life has to be hard for me to be successful. Life is hard. Life is painful.	I am effortlessly supported in life. (Life, the universe) is always conspiring in my favor. Life is (easy, effortless, carefree, fun, a journey, an adventure, etc.). Success comes effortlessly to me. Success can happen (effortlessly, rapidly).
Life is a struggle.	There is abundant opportunity all around me. I am the creator of my reality. I control my destiny. I trust the wisdom of (life, what is unfolding). There is great wisdom in (life/what is unfolding). I can (be, do, have, create, etc.) anything I (desire, dream, want, etc.).
Life is unfair.	(Life, the universe) is conspiring in my favor. Everything is happening for my growth, healing, success and evolution. I trust the wisdom of (life, what is unfolding). There is great wisdom in (life, what is unfolding).
Life is (overwhelming, more than I can handle).	I never (create, am given) anything I can't handle. I can handle (any situation I am in, anything that happens to me). (Life, the universe) is conspiring in my favor. Everything is happening for my growth, healing, success and evolution.
Some things are too good to be true.	Anything is possible in every moment. There is infinite abundance available to me in every moment.
Things will never get better.	My life is great and getting better every day. Every day something improves in my life. Change can happen (instantly, effortlessly). Anything is possible in every moment. I am the creator of my reality.
MONEY AND ABUNDANCE	
I don't deserve to be wealthy. I don't deserve abundance. I don't deserve to be successful. I don't deserve to get what I want. I deserve to be poor.	I deserve (abundance, wealth, prosperity, money, success). I deserve to have whatever I want. There is infinite abundance available to me in every moment. I am the creator of my reality.
There is not enough. There is not enough (time, money, resources).	(There is, I) always (have) enough (time, money, resources). There is more than enough for everyone to thrive. There is infinite abundance available to me in every moment.
There is not enough for (everybody, to go around).	There is infinite abundance available to everyone in every moment. There is infinite abundance available in this universe. Limits only exist in the mind. Creativity can overcome any (challenge, limit).

I will never have enough. I will never have enough money.	(I always have, there is always) enough of what I need. I am always (protected and cared for). (Life, the universe) is conspiring in my favor. There is infinite abundance available to me in every moment. Money comes to me easily and effortlessly I am the creator my reality.
I have to work hard to make (money, millions/billions of dollars). It takes a long time to make (money, millions/billions of dollars). I have to work hard to be successful and have financial freedom.	Money flows to me effortlessly. I make large amounts of money with ease and grace. I easily make money doing what I love. Making (money, millions/billions of dollars) (comes effortlessly to me, can be effortless). Success can happen (effortlessly, rapidly). I have everything I need to be wildly successful. There is infinite financial abundance available to me in every moment.
Money is (evil, bad, sinful). It's not spiritual to make money. It's not spiritual to have lots of money.	Having money allows me to (help others, do good). Having money empowers my purpose. Money gives me greater choice and freedom. Money supports my spiritual growth. It is (beautiful, natural) to have lots of money. Abundance is (beautiful, my natural state). I deserve (infinite) abundance. Abundance is my birthright. Money is (simply energy, neutral).
It is selfish to have lots of money. It is greedy to have lots of money. It is shameful to have lots of money. It is sinful to have lots of money.	It is (beautiful, natural) to have lots of money. Money supports my freedom and joy. Money allows me to do more good in the world. Abundance is (beautiful, my natural state). I deserve (infinite) abundance. Abundance is my birthright.
It is selfish to spend lots of money. It is greedy to spend lots of money. It is shameful to spend lots of money. It is sinful to spend lots of money.	Spending money shares my abundance and wealth with others It is (beautiful, natural) to spend money on whatever I want. Spending money supports my freedom and joy. Spending money allows me to do more good in the world. Spending money supports the joy and freedom of other people.
It's selfish to have and spend (large amounts of) money. It's selfish to have lots of money when others are (suffering, poor, do not have any, have none).	Having money allows me to (help others, do good). It is (beautiful, natural) to have lots of money. Spending money shares my abundance and wealth with others. It is (beautiful, natural) to spend money on whatever I want. Abundance is (beautiful, my natural state). I deserve (infinite) abundance.

It is selfish to have nice things. It is greedy to nice things. It is shameful to nice things. It is sinful to nice things.	I deserve to have whatever (makes me happy, brings me joy, I desire). I am worthy of having nice things. I deserve to have nice things. I enjoy having quality things. It is (natural, healthy, beautiful) to have nice things. It is (beautiful, natural) to spend money on whatever I want.
(Rich, wealthy) people are (greedy, selfish, bad, corrupt, evil).	Being rich and wealthy is my (natural state, birthright). Being rich and wealthy is beautiful. Being rich and wealthy allows me to do more good (in the world, in life.
I have to work hard to make (money, millions/billions of dollars). It takes a long time to make (money, millions/billions of dollars). I have to work hard to be successful and have financial freedom.	Money flows to me effortlessly. I make large amounts of money with ease and grace. I easily make money doing what I love. Making (money, millions/billions of dollars) (comes effortlessly to me, can be effortless). Success can happen (effortlessly, rapidly). I have everything I need to be wildly successful. There is infinite financial abundance available to me in every moment.
I could lose everything in my life at any moment. I could run out of money at any time.	I am (effortlessly, always) supported (at all times). There is infinite abundance available to me in every moment. I am the creator my reality. (Life, the universe) is always conspiring in my favor. Everything is happening for my growth, healing and success.