



# 22 Affirmations for growing your heart



D R . B E T H A N N E K . W .

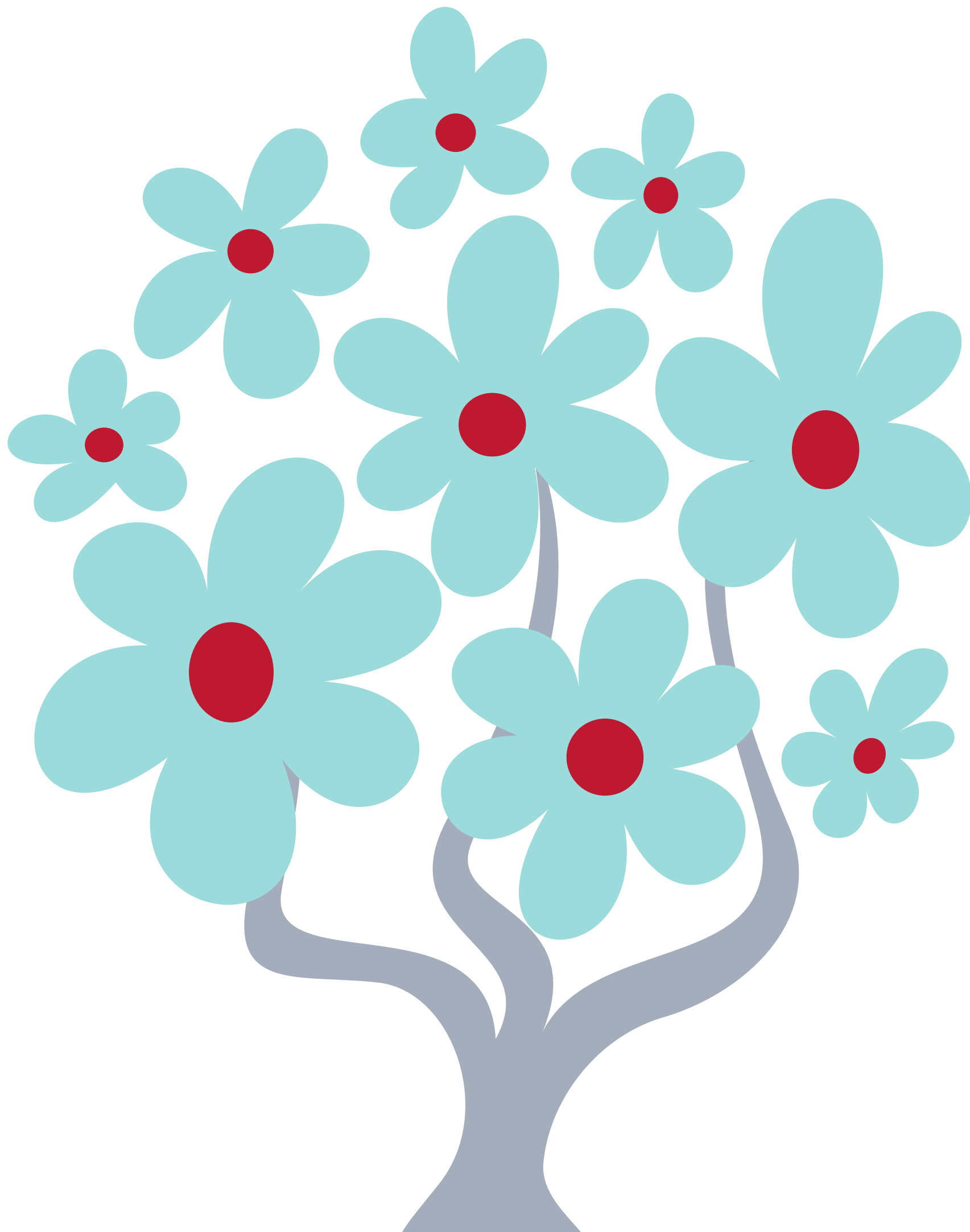
**(a teeny ebook)**



1.

I am built for growth,  
transformation, and change.

(BECAUSE YOU ARE- YOU COME  
FULLY EQUIPPED WITH THE ABILITY  
TO ADAPT, EXPAND, AND  
CREATIVELY GROW IN AN  
AUTHENTIC DIRECTION.)





2.

If a flower can bloom in the  
midst of ugliness, so can I.

(BE LIKE THE LILY PAD AND THE  
LOTUS: LEARN TO GROW IN MUD AND  
FIND THE BEAUTY WHEREVER YOU  
ARE PLANTED. SOMETIMES THE  
BEAUTY COMES A LITTLE EASIER, AND  
SOMETIMES THE BEAUTY IS A  
STRANGE BEAUTY OF GRITTY  
RESILIENCE AND GRACE.)



3.

I am a child of the universe,  
therefore I innately belong.

(YOU'VE BEEN CHOSEN TO BE HERE  
AT THIS PARTICULAR SPACE AND  
TIME, WHICH MEANS THE UNIVERSE  
WELCOMES YOUR PRESENCE AND  
KNOWS YOU HAVE PURPOSE HERE.)



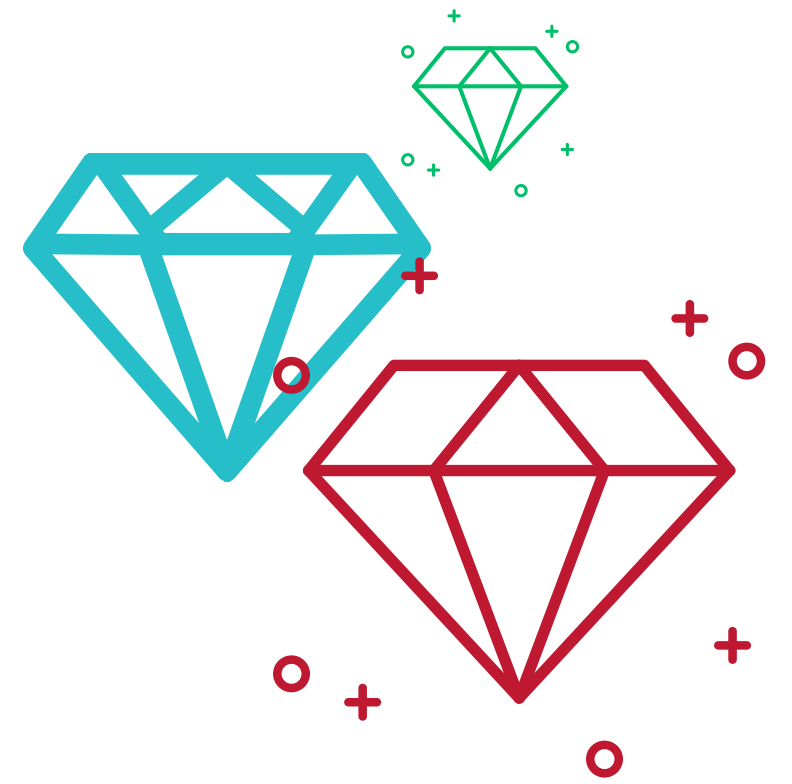
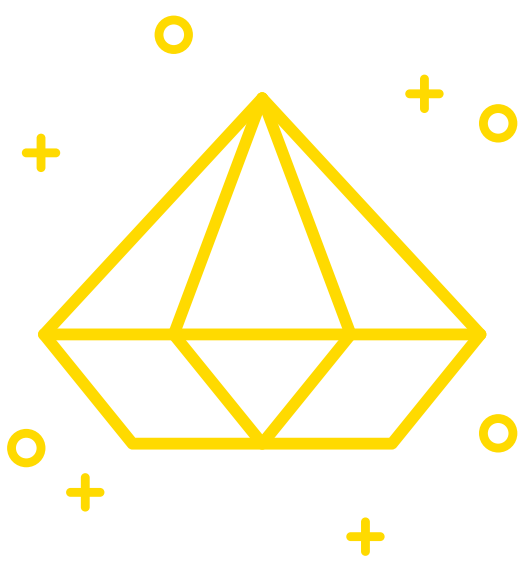


4.

My heart is wide open,  
ready to receive.

(RECEPTIVITY IS OUR NATURAL  
STATE OF BEING, AND WHEN WE  
EXPECT TO RECEIVE GOOD AND  
BEAUTIFUL THINGS, AND OPEN OUR  
HEARTS TO RECEIVING, WE WILL BE  
SURPRISED BY HOW MANY GOOD  
AND BEAUTIFUL THINGS BEGIN TO  
SHOW UP!)

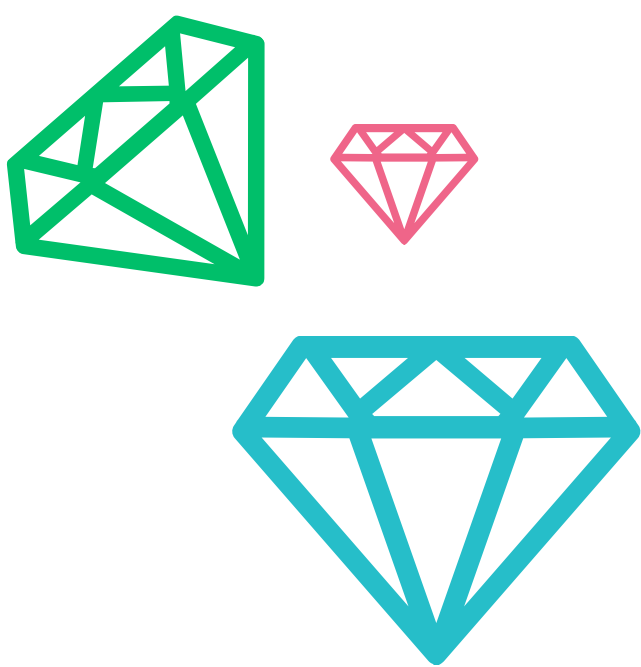


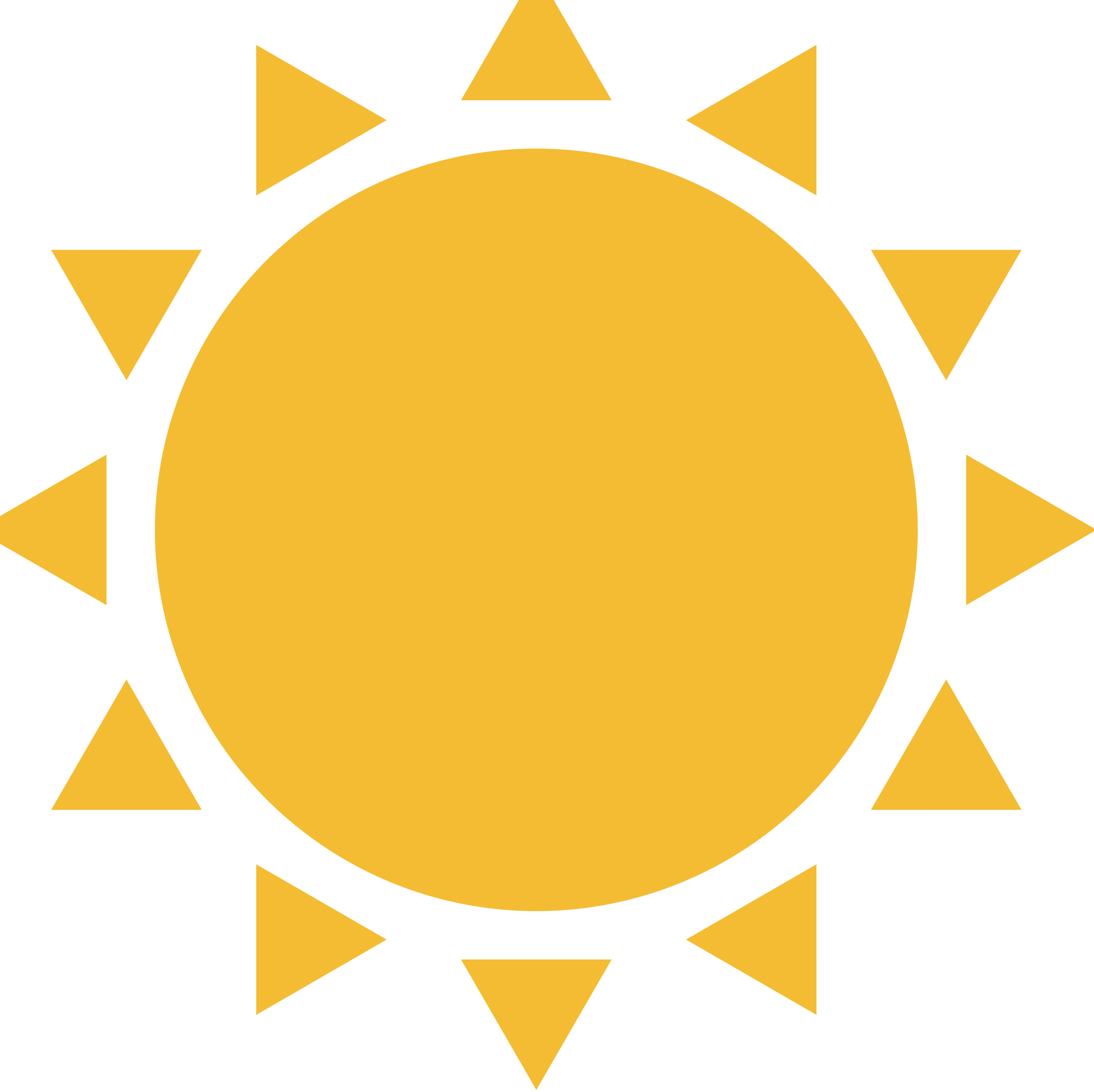


5.

I choose to transmute my pain into change and love.

(WE DON'T ALWAYS HAVE A CHOICE ABOUT THE PAIN THAT MAY COME OUR WAY, BUT WE CAN CHOOSE WHAT TO DO WITH THAT PAIN AND DECIDE TO LET THE PRESSURE HELP FORM DIAMONDS IN OUR DEEP; GROWING US INTO BIGGER, WISER, MORE COMPASSIONATE BEINGS.)





6.

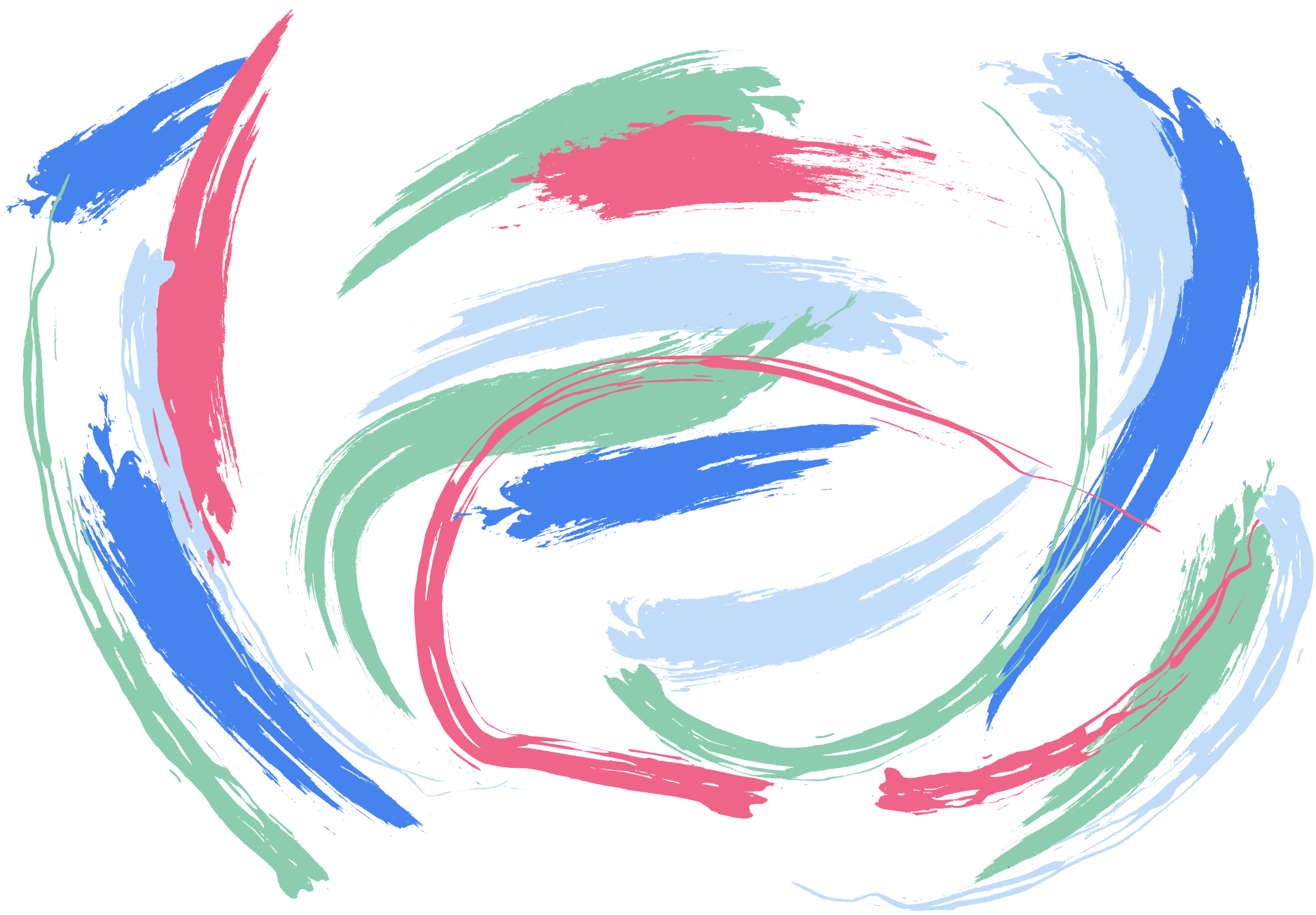
Joy is my natural state.

(JOY IS OUR BIRTHRIGHT, AND SO ANY TIME WE FOSTER THE ENERGY OF JOY IN OUR LIVES, WE ARE SIMPLY TAPPING INTO OUR MOST NATURAL STATE OF BEING.)

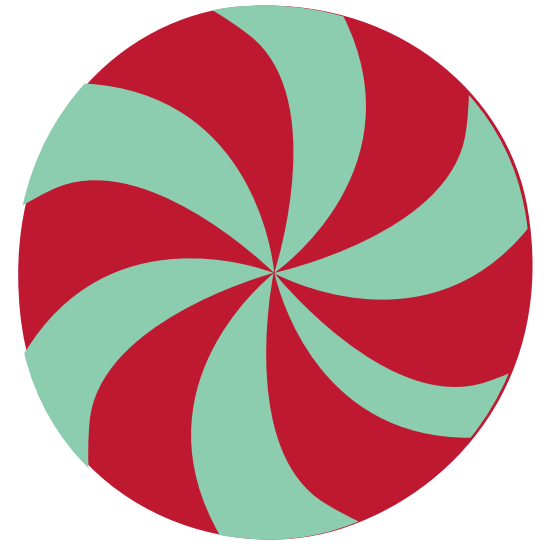
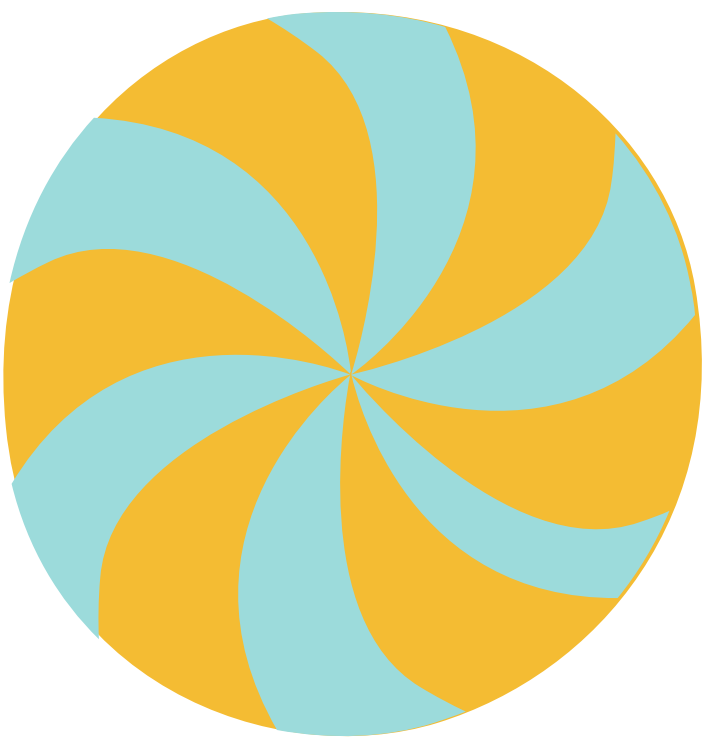
7.

I am an artist, and my life is  
the art.

(OUR LIVES ARE A RICH COLLAGE OF  
EXPERIENCES AND MOMENTS; WE  
BRING OUR HEART RESOURCES INTO  
THIS WORLD DAILY, AND WHAT WE  
CREATE EACH DAY ADDS ANOTHER  
LAYER OF COLOR TO OUR CANVAS.)



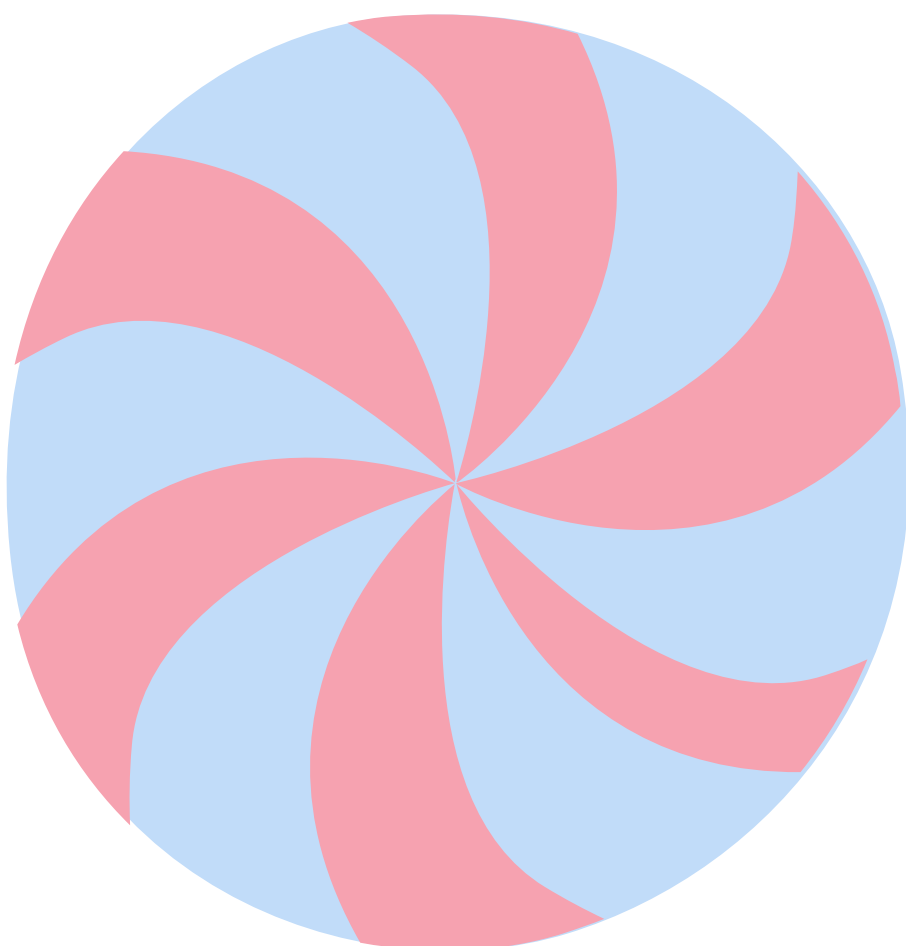




8.

I am limitless.

(WHEN WE FOCUS ON OUR  
LIMITATIONS, WE WILL KEEP THEM.  
WHEN WE FOCUS ON BEING  
LIMITLESS BEINGS, WE WILL KEEP  
BECOMING LIMITLESS BEINGS.)



9.

I believe in myself,  
relentlessly.

(WE HAVE TO BE RELENTLESS IN  
OUR OWN VISION OF SELF,  
FOREVER SHEDDING OLD  
THOUGHTS OF FEAR AND DOUBT,  
SO WE CAN KEEP INVITING NEW  
THOUGHTS OF RADICAL SELF-FAITH  
AND SELF-BELIEF IN.)





10.

My light keeps getting  
brighter, every single day.

(A BAD DAY DOES NOT  
DIMINISH YOUR LIGHT; A BAD  
SEASON DOES NOT DIMINISH YOUR  
LIGHT. THOSE THINGS ONLY SERVE  
TO GROW YOU BIGGER SO YOU CAN  
HOLD SPACE FOR MORE LIGHT, AND  
KEEP SHINING IN BIGGER,  
JUICIER WAYS.)





11.

My opinion of myself is the  
one that most matters.

(WHEN YOU ARE WORKING ON LIVING  
A LIFE OF TRUTH, COHERENCE, AND  
INTEGRITY, THEN YOU BECOME YOUR  
OWN HEART-SEER. AND YOU BEGIN TO  
RECOGNIZE THAT WHAT SOMEBODY IS  
THINKING OR SAYING [EVEN IF IT'S  
ABOUT YOU] ACTUALLY HAS VERY  
LITTLE TO DO WITH YOUR JOURNEY  
AND THE BEAUTIFUL DIRECTION YOU  
ARE GOING.)

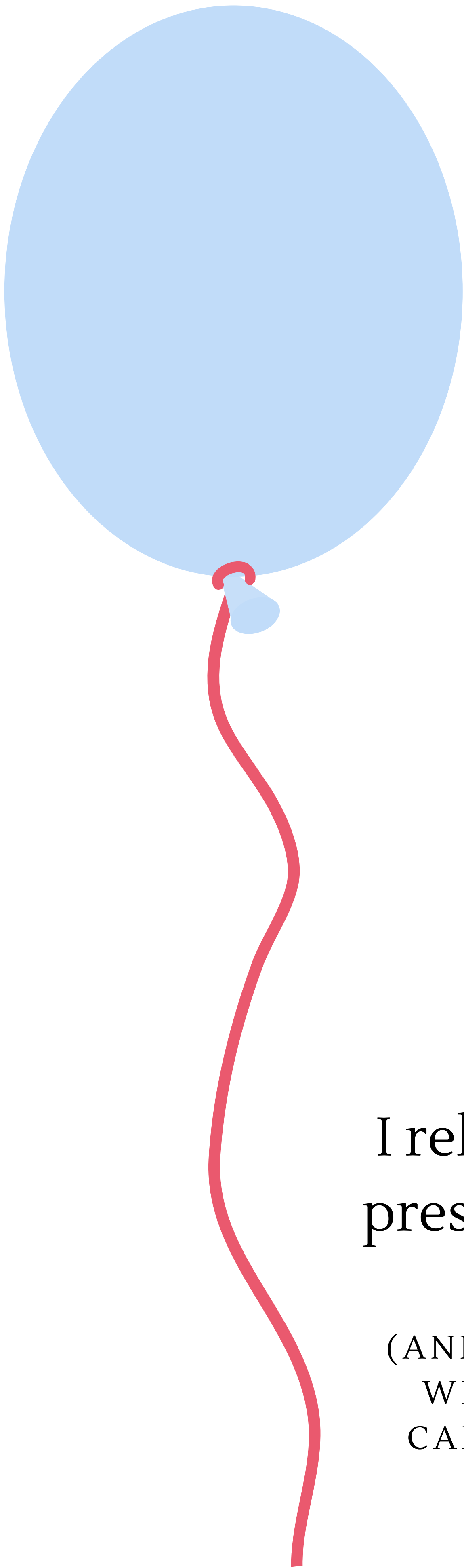


12.

I honor my feelings and  
my process of self.

(BECAUSE IF YOU DON'T HONOR  
THOSE THINGS, WHO ELSE WILL?  
AND WHEN YOU THINK ABOUT IT,  
WHO REALLY KNOWS WHAT IT IS  
LIKE TO BE YOU EXCEPT FOR YOU!  
WHICH IS WHY IT IS YOUR SACRED  
RESPONSIBILITY TO HONOR YOU.)

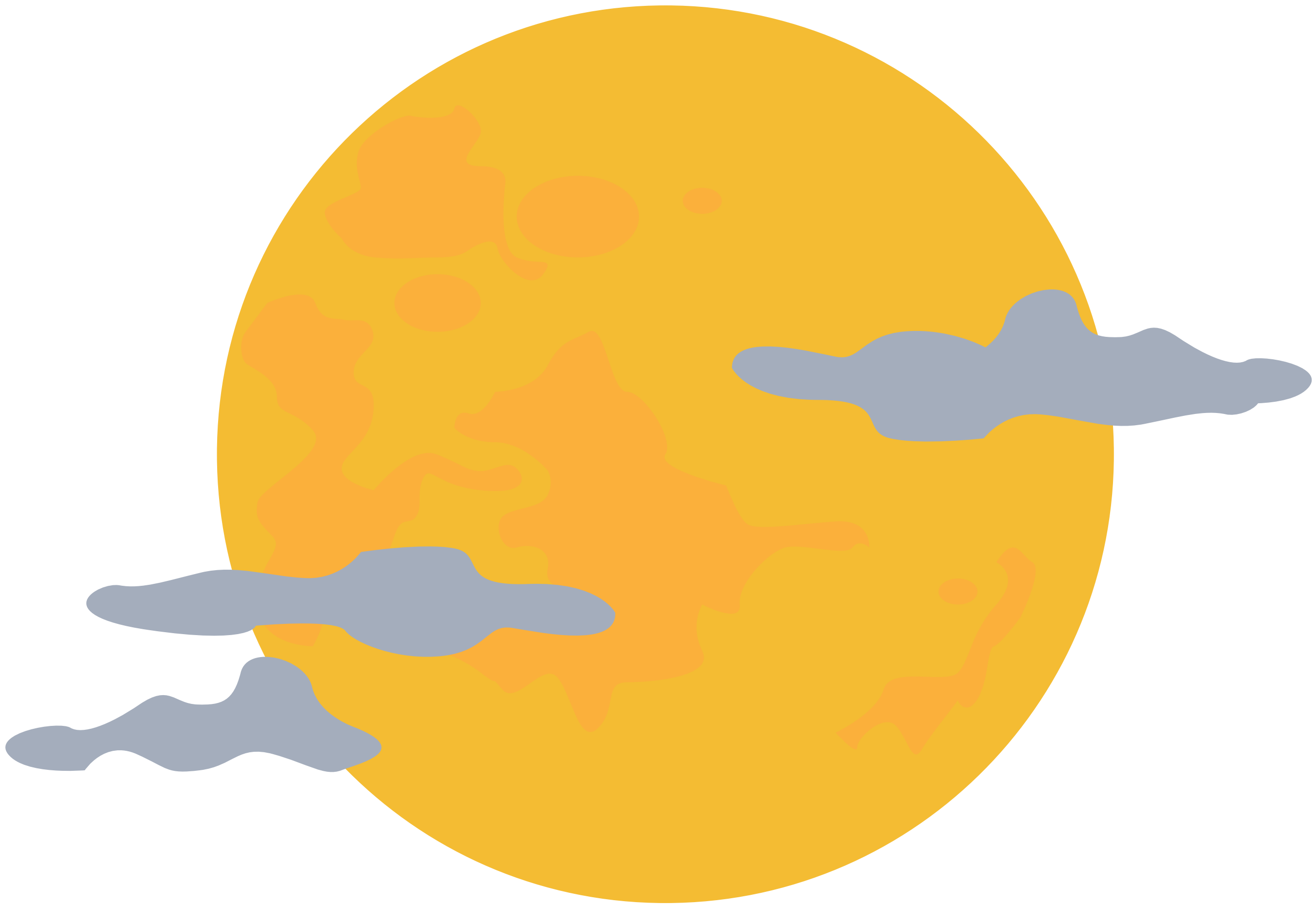




13.

I release my past. I accept my present. I embrace my future.

(AND I DO ALL 3 OF THESE THINGS WITH MY ARMS WIDE OPEN, SO I CAN CONTINUE RECEIVING LIFE'S DIVINE GIFTS OF DAY.)



14.

I am moonlight and stardust:  
I have the ability to shine in  
any darkness.

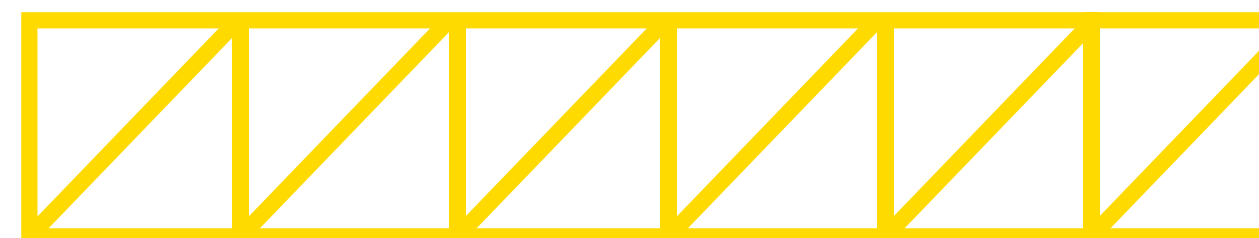
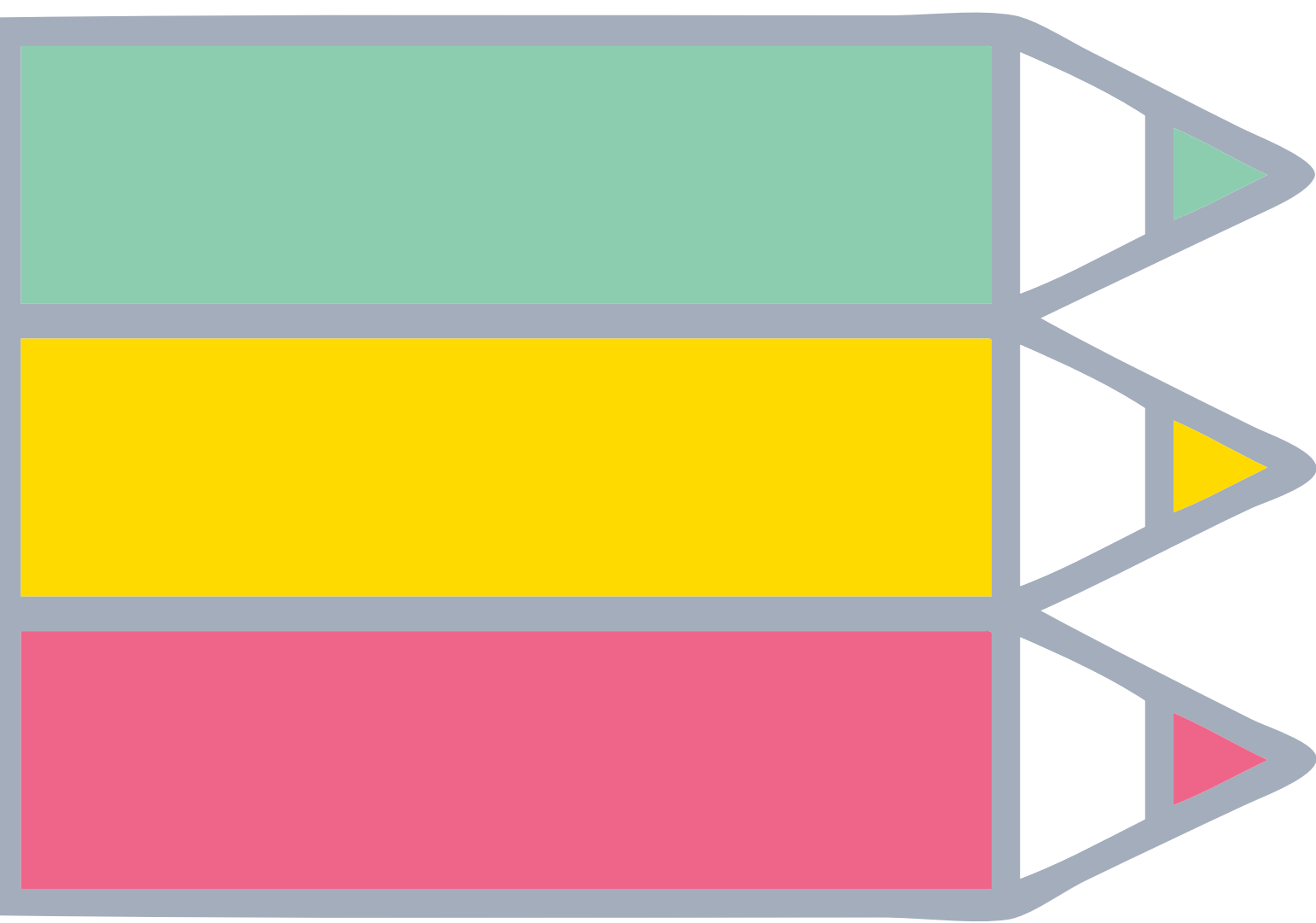
(WHEN WE HAVE THE ENERGY OF  
LOVE INSIDE OUR HEARTS, WE  
SHINE AND RADIATE THAT ENERGY,  
WHATEVER THE CIRCUMSTANCE.)



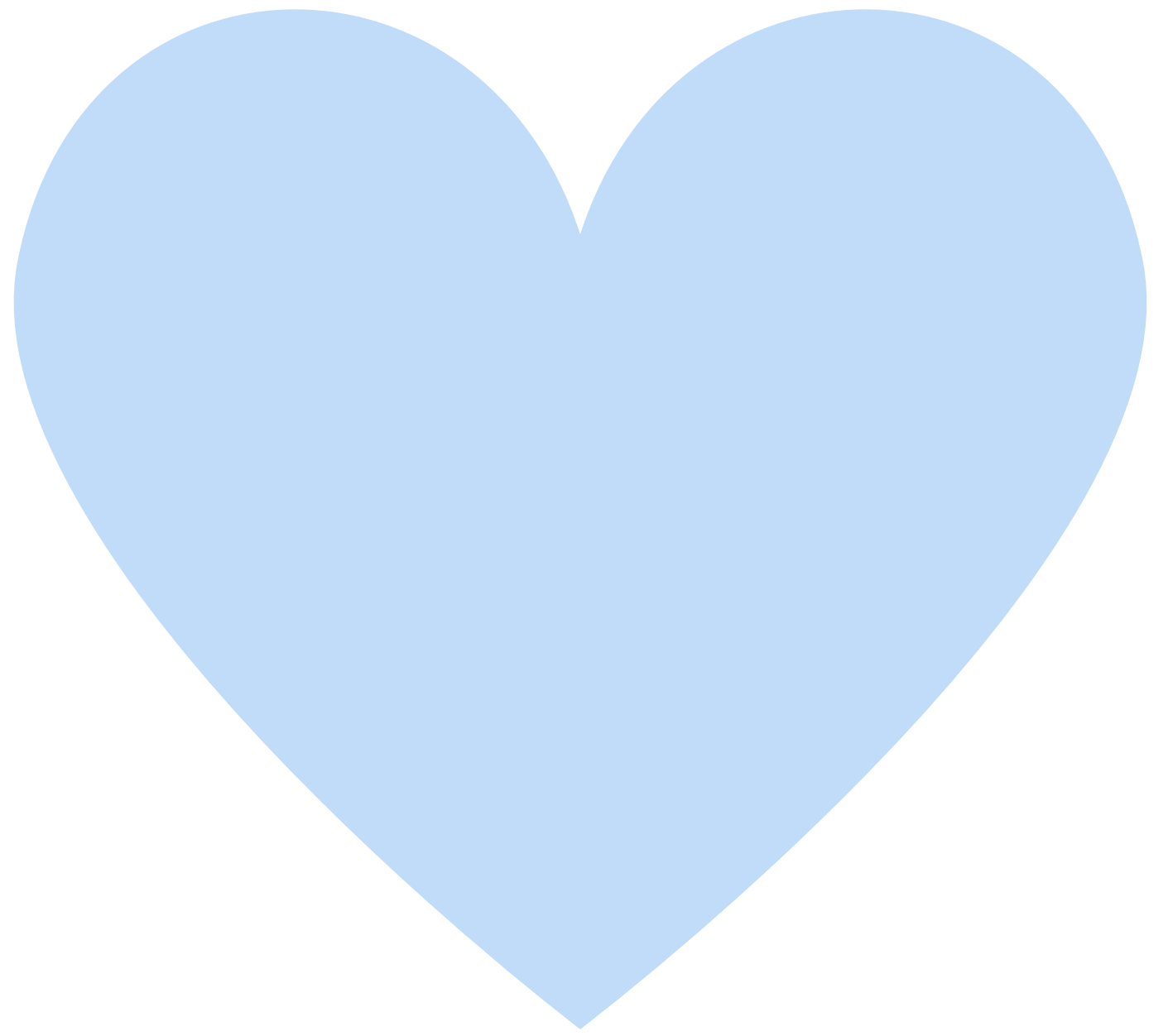
15.

I am engaged in constant  
creativity.

(YOU ARE CREATING THIS MOMENT,  
EVEN AS YOU READ THESE WORDS!  
YOUR THOUGHTS, YOUR HEART,  
YOUR ENERGY, YOUR FOCUS,  
YOUR BEING- THEY ARE ALL  
CREATIVE TOOLS, AND YOU  
GET TO DECIDE HOW TO  
USE THOSE TOOLS TO  
KEEP BRINGING  
MAGIC, ARTISTRY,  
JOY, BEAUTY,  
AND LOVE  
INTO  
YOUR  
LIFE.)








16.

I am bigger than my  
challenges.

(YOUR CHALLENGES DO NOT DEFINE  
YOU, YOU DEFINE YOUR CHALLENGES.  
EVEN IN HARD TIMES, YOU CAN  
ALWAYS TAP INTO YOUR DIVINE  
NATURE AND REMEMBER: YOU ARE A  
GORGEOUS CREATURE OF LOVE.)





17.

The universe is ecstatic to be  
in a relationship with me.

(EVERYTHING IS INTERCONNECTED  
IN OUR UNIVERSE- INCLUDING YOU!  
WHICH MEANS YOU ARE IN A  
RELATIONSHIP WITH THE UNIVERSE,  
WHO IS THE KIND OF PARTNER WHO  
IS ALWAYS AVAILABLE TO SHOW UP,  
CREATE, RELATE, AND RESONATE  
WITH YOU.)

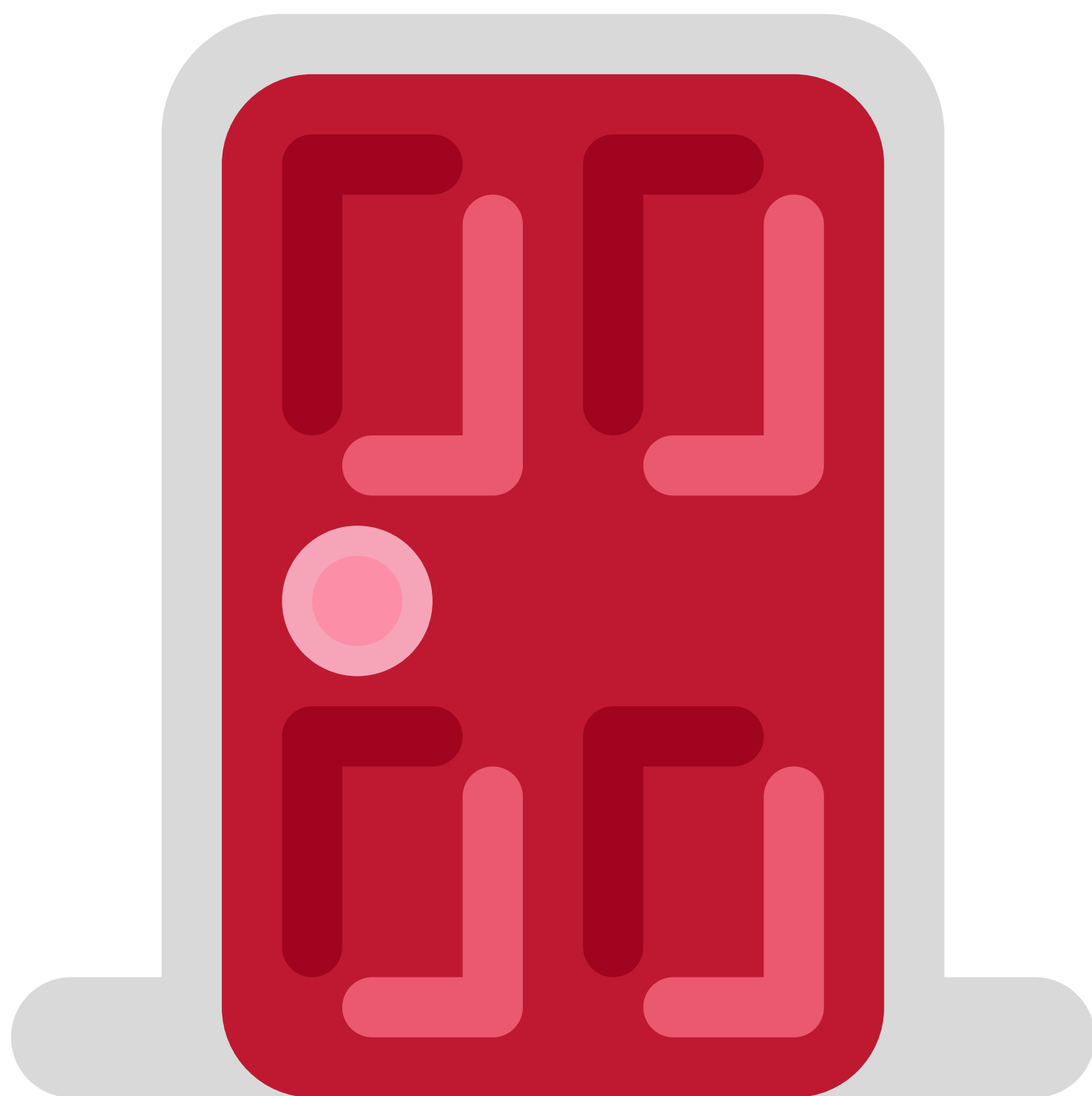
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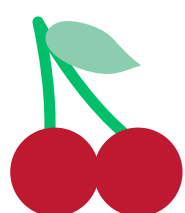
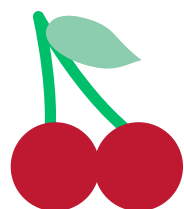
My grief is a gateway  
to greater authenticity.

(ANYTHING WE THINK WE HAVE LOST  
WILL ALWAYS COME AROUND IN NEW  
FORM, INCLUDING OURSELVES.)

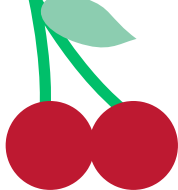
BE ASSURED THAT WHAT IS MOST  
REAL AND TRUE TO YOU WILL REMAIN,  
AND NEW LIFE WILL FORM  
AROUND THAT TRUTH.

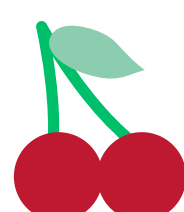
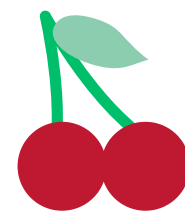
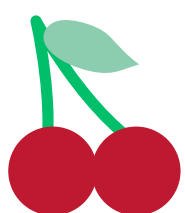
AND JUST REMEMBER- YOU CAN'T  
LOSE LOVE; IT ENDURES  
ALWAYS.)

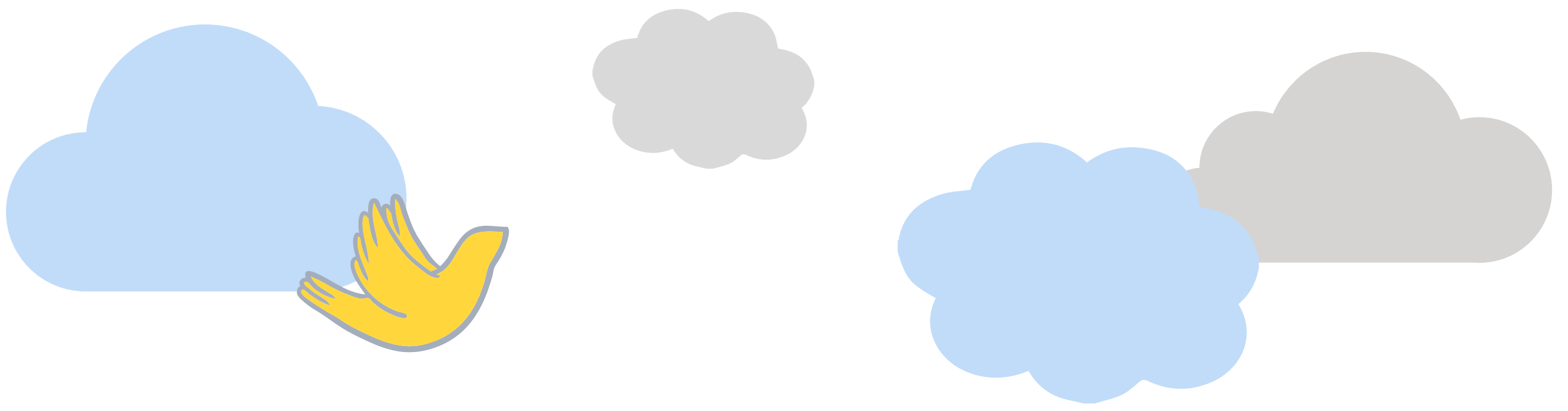




# 19. I deserve.

(BECAUSE YOU DO: DESERVE.   
MANY OF US HAVE BEEN MADE  
TO FEEL LIKE WE DON'T DESERVE,  
OR WE ONLY DESERVE A LITTLE. BUT  
THIS IS YOUR LIFE; IT'S OKAY TO BE  
HUNGRY FOR JOY AND GOODNESS  
AND KNOW YOU DESERVE TO HAVE  
YOUR HUNGRY HEART FILLED.  
THE UNIVERSE IS WAITING TO  
HELP YOU DO JUST THAT.)

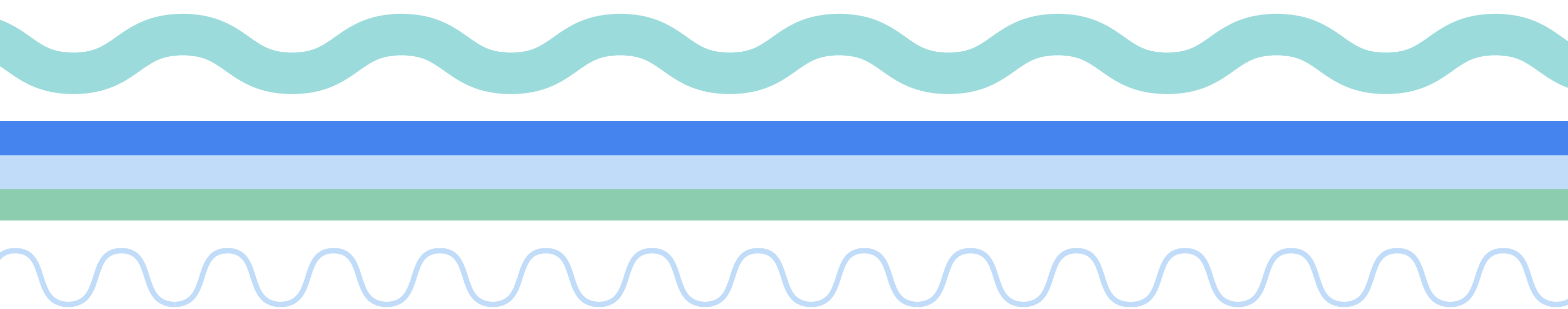


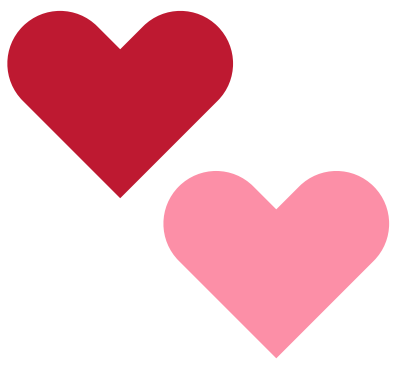
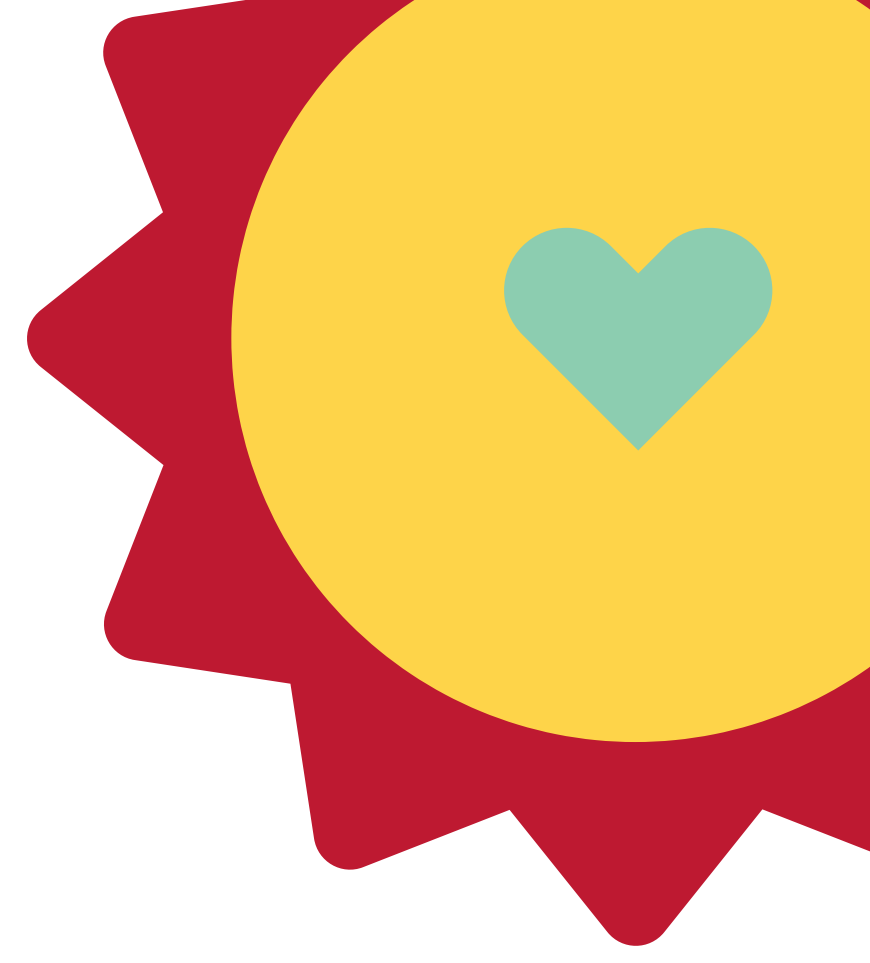


20.

When I am in my power,  
I am in flow and at ease.

(BEING IN YOUR POWER COMES  
FROM BEING IN ALIGNMENT WITH  
YOURSELF, AND WHEN YOU ARE IN  
ALIGNMENT WITH YOURSELF YOU  
BECOME LIKE THE OCEAN-  
A FORCE OF BEAUTY WHO HAS THE  
ABILITY TO SHIFT WITH THE  
CHANGING TIDES, WITH WILD  
GRACE AND EASE.)

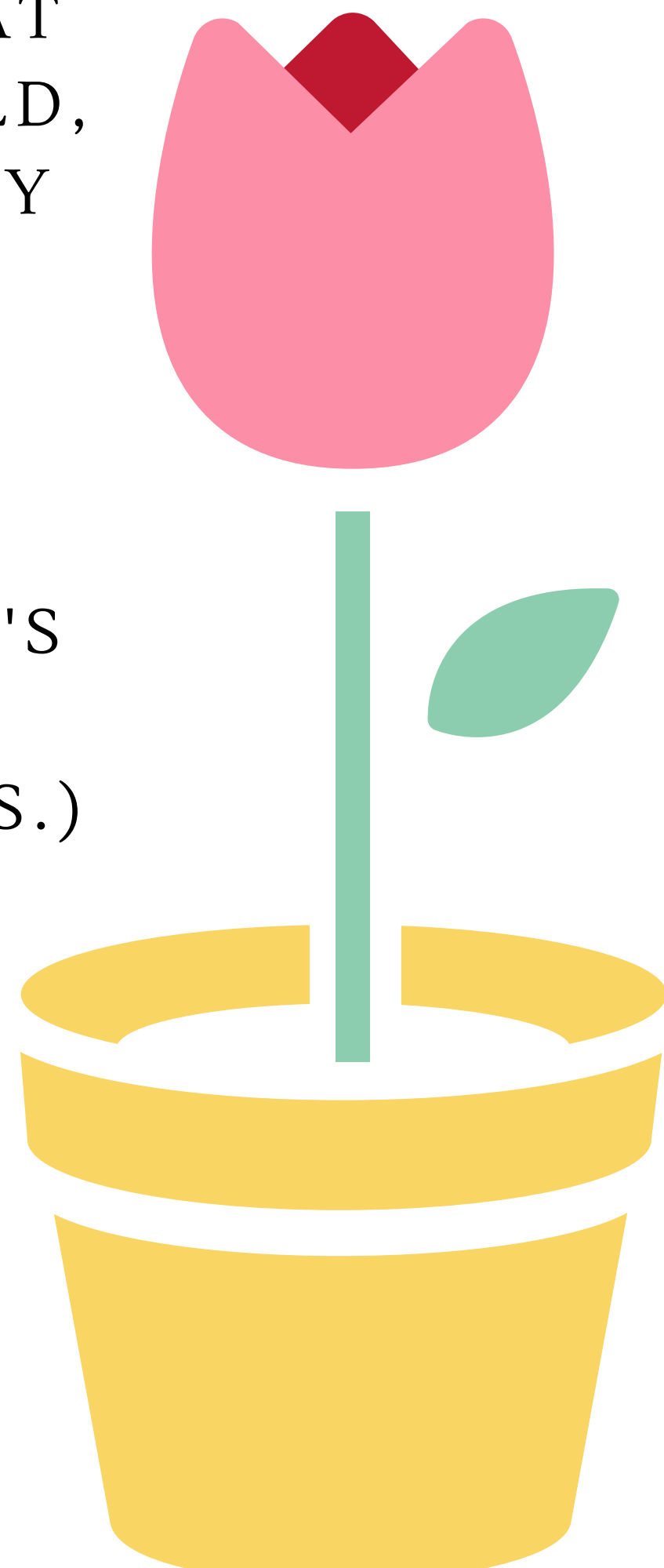




21.

I let go of how I thought it would be, so I can receive the beauty of what it is.

(SOMETIMES IT DOESN'T LOOK AT ALL LIKE WE THOUGHT IT WOULD, BUT THE UNIVERSE IS INFINITELY CREATIVE AND CAN TAKE ANY OUTCOME AND BRING ABOUT BEAUTY. WHEN WE LET GO OF TRYING TO FORCE LIFE ON OUR OWN TERMS AND EMBRACE LIFE'S TERMS, WE CREATE SPACE TO RECEIVE MORE ABUNDANT GIFTS.)



22.


My life is a love letter to  
myself.

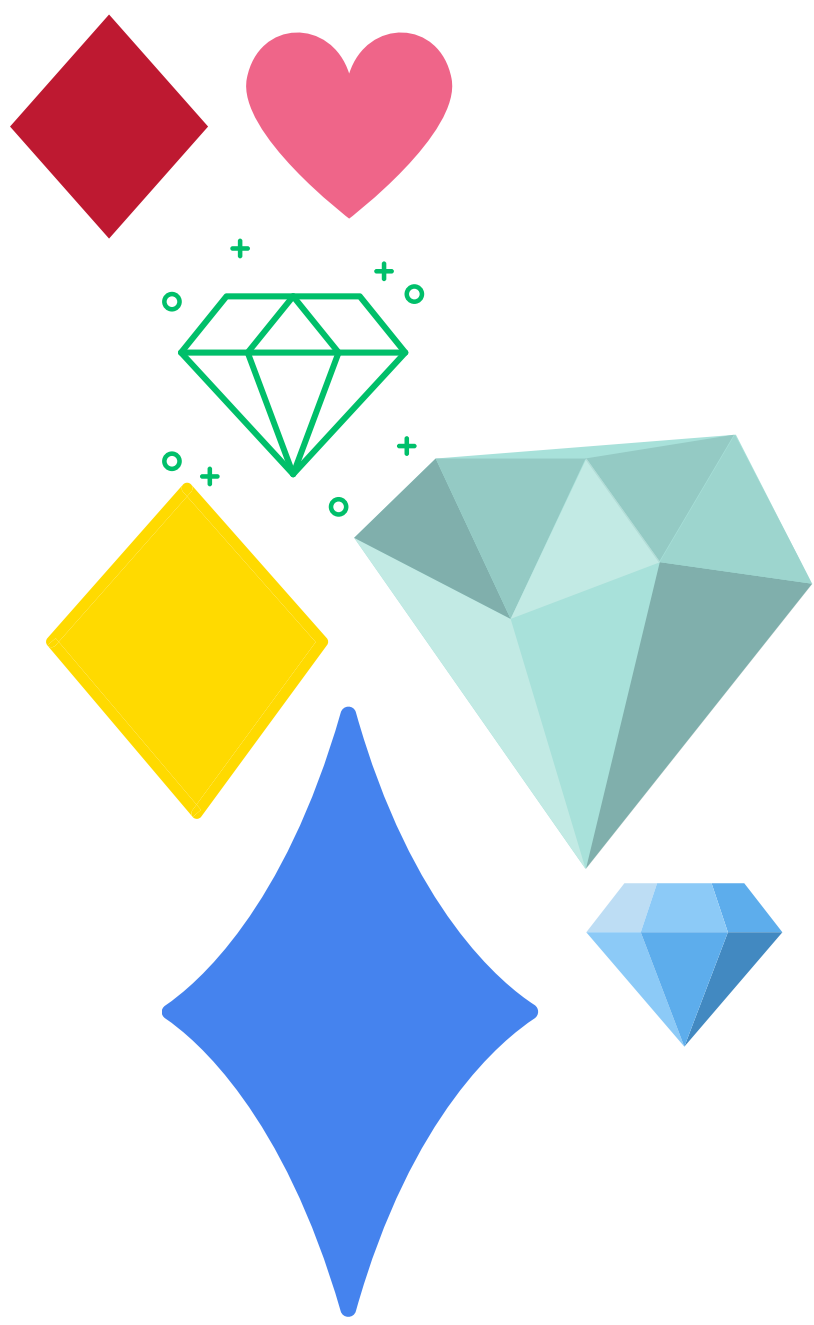
(YOUR LIFE AND ALL THAT YOU ARE  
BRINGING INTO IT IS A LOVE  
LETTER FOR YOU, FROM YOU.  
AND THAT IS THE MOST BEAUTIFUL  
LOVE LETTER THAT WILL EVER  
BE WRITTEN.)





So be kind to you and keep  
on showing up for yourself  
and meeting yourself  
wherever you are at: and  
know you are absolutely  
perfect for you.

(AND KEEP ON SPARKLING BRIGHT-  
YOU GORGEOUS, GLITTERING,  
EXQUISITE DIAMOND OF HEART  
AND HOPE AND SOUL.) 





# The End

(ps. be super kind. especially to you. go bigger, stretch wider, get lower. breathe. keep love in your heart. do the best you can. self-nourish often. know you are a soul transforming and becoming more beautiful, every single day.)





**always remember  
the universe loves you**