



AUTHENTIC ARMOUR  
philosophy + lifestyle

---

AFFIRMATIONS:  
INNER PEACE

# WHAT ARE AFFIRMATIONS?

Affirmations are positive statements or phrases that you repeat to yourself regularly to reinforce a desired belief, behaviour, or outcome. They are used to challenge and overcome negative thoughts and beliefs, replacing them with more empowering and constructive ones. Affirmations are often used in practices like positive thinking, self-improvement, and personal development to help individuals cultivate a positive mindset, boost self-confidence, and manifest their goals and desires.

By consistently repeating affirmations, individuals can reprogram their subconscious mind and create a more positive and supportive internal dialogue.



- I am grounded and centered in the present moment, where true peace resides.
- I release all worries and fears, allowing peace to fill my mind and heart.
- I trust in the natural flow of life and find peace in surrendering to the universe's wisdom.
- I let go of the need for perfection and embrace the beauty of imperfection in myself and others.
- I forgive myself and others, freeing myself from resentment and finding peace in forgiveness.
- I surround myself with people and environments that nurture my inner peace and well-being.
- I cultivate peace within by practicing mindfulness and self-awareness in all aspects of my life.
- I choose to focus on the positive and find peace in gratitude for all the blessings in my life.
- I honor my emotions and allow myself to feel them fully, finding peace in acceptance and self-love.
- I release the past and the future, finding peace in the present moment and the infinite possibilities it holds.



- I let go of the need to control outcomes and find peace in trusting the journey of life.
- I create a peaceful sanctuary within myself, where I can retreat whenever I need to recharge and find solace.
- I find peace in simplicity, letting go of excess and embracing the beauty of a balanced and harmonious life.
- I nourish my body, mind, and soul with activities and practices that bring me joy and peace.
- I am a beacon of peace, radiating calmness and serenity wherever I go, positively influencing those around me.

