


A LOVE STORY


CHRISTINE PHILIPP
HYPNOTIST



Vol. 01



Positive Affirmations for Confidence
and healthy Self Esteem



C H R I S T I N E

H Y P N O T I C S



P H I L I P P
T I S T

MAKE AFFIRMATIONS WORK FOR YOU.

We talk to ourselves all the time.

Often we don't have anything good to say about ourselves.

Affirmations are a choice you make to learn to talk to yourself in a kind and compassionate way.

State your affirmations in the Positive.

Make clear what you want, not what you don't want. What do you move towards to instead of away from?

Keep affirmations realistic!

"Tomorrow I will be a multi-millionaire" won't do anything for you.

(And if it does, tell me your secret.)

Keep your affirmations congruent with yourself and achievable.

Think of options and choices. for example:

"What can I do today, that will make me feel more happy?"

Use them and repeat them when you are in a calm and relaxed state:

For example:

when you are about to wake up

or when you are about to fall asleep.

Be patient while you are training your brain to become the one you want to become.

Enjoy the affirmations assembled here and make them yours.






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I love and accept myself for who I am.



I am confident in my abilities and my skills.

I am now where I need to be.






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I do not need the validation of others.

A grayscale photograph of a person wearing a white lab coat. Their hands are clasped together in front of their chest. The image has a soft, ethereal quality with a slight vignette effect.

I am grateful for all the amazing things in my life.



I deserve all the good things of life.




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I am a unique individual
and do not need to prove myself to anybody.



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I always find a solution
as every problem or challenge
is a chance for me to grow.



I'm not rooted in one spot.
I have the ability to change.

Today I choose to be happy.



I am flexible and adapt to
challenges and experiences.




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CP

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My mistakes serve as a guide and
direction.
They are Stepping Stones.

A stylized, handwritten-style logo consisting of the letters 'C' and 'P' intertwined. The 'C' is a large, open loop, and the 'P' is a smaller, more compact shape that fits into the curve of the 'C'.

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I believe in myself.

I trust myself.





I have my approval to be.

I

MATTER.

I accept I have fears and doubts.





I am willing to let go of old feelings of shame.

I can give and receive love.

A close-up photograph of a person's hand and face pressed against a white, textured mesh screen. The hand is on the left, with fingers spread, and the face is on the right, partially obscured by the mesh. The lighting is soft and diffused, creating a sense of longing or desire.

I allow others to love me.

CP

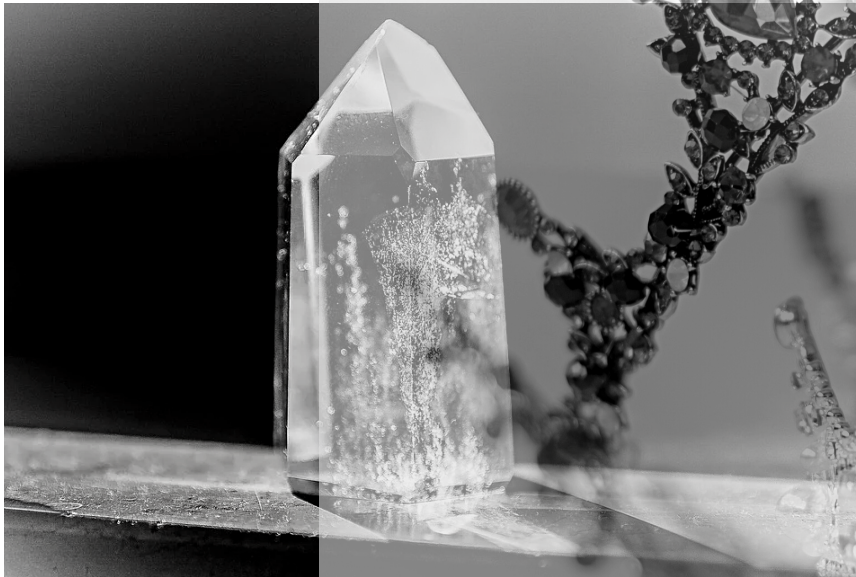
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I open myself to wonder, joy and ease.

I let my light shine bright.





It is safe to be myself.




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The success of others is not my failure.







I stand up for myself.
My voice is important.

I am comfortable to be seen and heard.




I am safe and loved.
I am supported.

I surround myself with people who make me want to be a better person.




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A close-up photograph of a woman with blonde hair lying down, her eyes closed. A rainbow-colored light effect is visible on her right eye. A hand is resting on her forehead. The background is a plain, light-colored wall.


I see the good in other people.

I see the good in myself.



I learn something new every day.

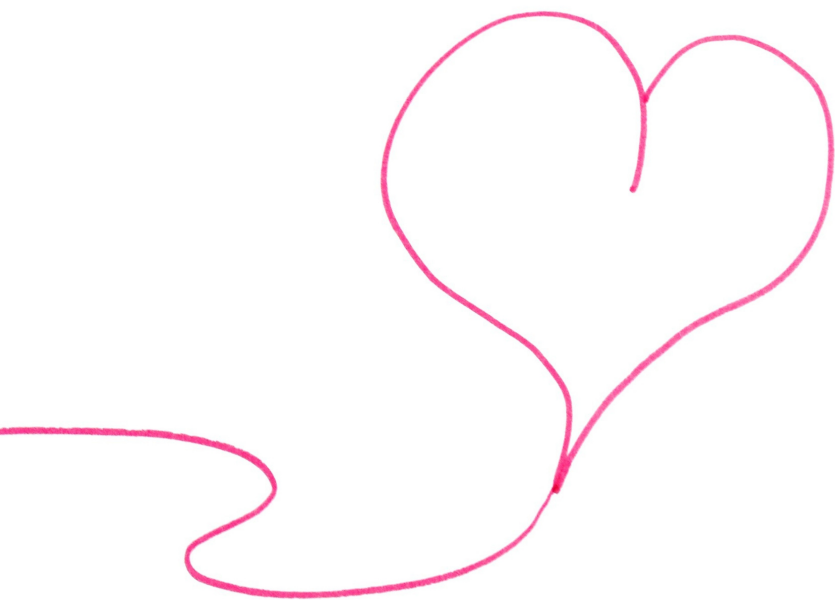




I forgive myself for treating myself badly.
I didn't know better.

I treat myself with kindness, compassion and respect.





I know myself

and

I honour my boundaries.



My needs are important.




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Peace and happiness can be found inside me.



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I do not need to be perfect. I am human.



I can change what I can change
and let go of what I cannot change.



I accept my flaws.
I can improve what I want to improve.

I am in control of my thoughts and feelings.



I am aware of how far I have come.



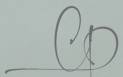

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I am proud of myself.



I give myself the time I need.



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I make time to care for myself.



I know it is OK to ask for help when I need it.





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I am whole.



All is well.









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