



111 AFFIRMATIONS  
FOR  
**MIND**  
BODY AND  
**SOUL**

# **SATZ THE MIND COMPANY**

(Founder – Dr. Sathiyapriya Chellapandian)

Presenting

**1111 Affirmations E - Book**



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*Dr. Sathiyapriya Chellapandian asserts the moral right to be identified as the author of this work.*

*—— First edition ——*



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# Introduction

Affirmations are powerful tools that help shape our thoughts, beliefs, and emotions. When practiced consistently, they have the ability to influence the subconscious mind, gently replacing limiting beliefs with positive and empowering ones. The words we repeat to ourselves daily play a vital role in creating our inner reality, which in turn reflects in our outer experiences.

This e-book is designed to introduce you to the power of affirmations and how they can be used to rewire the subconscious mind in a simple and effective way. Each affirmation in this book has been carefully curated to support different areas of life, including confidence, abundance, relationships, health, and spiritual growth.

To gain maximum benefit, it is important to practice these affirmations with intention, belief, and feeling. Repeating them regularly allows the mind to absorb positive messages, gradually creating a shift in thought patterns and emotional responses. There is no right or wrong way to use these affirmations—what matters most is consistency and trust in the process.



# Morning Affirmations

## Section 1: Morning Affirmations (Affirmations 1-20)

Mornings are a powerful time to reset the mind and set the direction for the day ahead. This section provides 20 affirmations to be used in the morning to help you begin with gratitude, confidence, and a positive mindset. By repeating these statements daily, you can train your thoughts to focus on strength, self-belief, and possibility—creating a calmer, clearer, and more empowered start to your day. Use these affirmations as part of your morning routine. Read them slowly, repeat them with feeling, and allow the words to guide your mindset as you step into the day.

Here are the 20 morning affirmations from the 111 Affirmation e-book:

1. "I am grateful for another day to live my best life."\*
2. "I am capable and confident in all that I do."\*
3. "I trust that today will bring new opportunities and experiences."\*
4. "I am worthy of love, respect, and happiness."\*
5. "I am strong and resilient, and I can handle whatever comes my way."\*
6. "I am beautiful inside and out, and I celebrate my uniqueness."\*
7. "I am grateful for my body and all that it does for me."\*
8. "I trust my intuition and make decisions that align with my values."\*
9. "I am deserving of abundance and prosperity in all areas of my life."\*
10. "I am confident in my abilities and trust that I will succeed."\*
11. "I am surrounded by love and support, and I am never alone."\*
12. "I am worthy of forgiveness and new beginnings."\*
13. "I trust that everything is working in my favour."\*
14. "I am grateful for the present moment and all its possibilities."\*



# Morning Affirmations

## Section 1: Morning Affirmations (Continued)

15. \*"I am capable of achieving my dreams and making them a reality."\*
16. \*"I am strong and courageous, and I face my fears with confidence."\*
17. \*"I am deserving of happiness and joy, and I welcome it into my life."\*
18. \*"I trust my inner wisdom and make decisions that align with my heart."\*
19. \*"I am surrounded by abundance and prosperity, and I am grateful for all that I have."\*
20. \*"I am worthy of love and respect, and I celebrate my worthiness."

*Remember to repeat these affirmations daily, with conviction and feeling, to help rewire your subconscious mind and set a positive tone for the day.*



# Confidence and Self-Esteem

## Section 2: Confidence and Self-Esteem (Affirmations 21-40)

Confidence begins from within. The way you speak to yourself shapes how you feel, how you act, and how you show up in the world. This section provides 20 affirmations to help build confidence and self-esteem by strengthening self-belief, self-respect, and inner stability. When repeated consistently, these affirmations support a healthier mindset and remind you of your worth—especially during moments of doubt or challenge.

Here are the 20 affirmations for confidence and self-esteem from the 111 Affirmation e-book:

1. "I am worthy of love, respect, and happiness."\*
2. "I trust myself and my abilities."\*
3. "I am beautiful inside and out, and I celebrate my uniqueness."\*
4. "I am confident in my thoughts, words, and actions."\*
5. "I am deserving of forgiveness and new beginnings."\*
6. "I trust that I am capable of achieving my dreams."\*
7. "I am strong and resilient, and I can handle whatever comes my way."\*
8. "I am worthy of abundance and prosperity in all areas of my life."\*
9. "I trust my intuition and make decisions that align with my values."\*
10. "I am confident in my ability to learn and grow."\*
11. "I am deserving of love and respect, and I celebrate my worthiness."\*
12. "I trust that I am on the right path."\*
13. "I am capable of achieving greatness."\*
14. "I am worthy of happiness and joy, and I welcome it into my life."\*
15. "I trust my inner wisdom and make decisions that align with my heart."\*



# Confidence and Self-Esteem

## Section 2: Confidence and Self-Esteem (Continued)

16. \*"I am confident in my ability to overcome obstacles."\*
17. \*"I am deserving of abundance and prosperity, and I am grateful for all that I have."\*
18. \*"I trust that everything is working in my favour."\*
19. \*"I am capable of achieving my goals and making my dreams a reality."\*
20. \*"I am worthy of love, respect, and happiness, and I celebrate my worthiness."\*

*Remember to repeat these affirmations daily, with conviction and feeling, to help boost your confidence and self-esteem.*



# Abundance and Prosperity

## Section 3: Abundance and Prosperity (Affirmations 41-60)

Abundance is not only about money—it is also about opportunities, stability, gratitude, and the belief that life supports you. This section provides 20 affirmations to attract abundance and prosperity into your life by strengthening your mindset around receiving, deserving, and trusting the flow of wealth and success. When practiced consistently, these affirmations help shift your inner beliefs, guiding you toward confidence, financial clarity, and a more abundant outlook.

Here are the 20 affirmations for abundance and prosperity from the 111 Affirmation e-book:

1. "I am worthy of financial abundance and success."\*
2. "I trust that my needs will always be met."\*
3. "I am grateful for the abundance that already exists in my life."\*
4. "I am a magnet for abundance and prosperity."\*
5. "I trust that I am capable of creating wealth and success."\*
6. "I am deserving of abundance and prosperity in all areas of my life."\*
7. "I am surrounded by abundance and prosperity, and I am grateful for all that I have."\*
8. "I trust that everything is working in my favour to bring me abundance and prosperity."\*
9. "I am confident in my ability to create wealth and success."\*
10. "I am worthy of living a life of abundance and prosperity."\*
11. "I trust that my intuition will guide me to make wise financial decisions."\*
12. "I am grateful for the opportunities that come my way to create abundance and prosperity."\*



# Abundance and Prosperity

## Section 3: Abundance and Prosperity (continued)

- 13.\*"I am a master of creating abundance and prosperity in my life."\*
- 14.\*"I trust that I am capable of overcoming any financial challenges that come my way."\*
- 15.\*"I am deserving of financial freedom and independence."\*
- 16.\*"I am surrounded by people who support and encourage my financial success."\*
- 17.\*"I trust that my financial future is bright and secure."\*
- 18.\*"I am confident in my ability to make smart financial decisions."\*
- 19.\*"I am worthy of living a life of financial abundance and prosperity."\*
- 20.\*"I trust that abundance and prosperity are my birthright, and I claim them fully."\*

*Remember to repeat these affirmations daily, with conviction and feeling, to help attract abundance and prosperity into your life.*



# Relationships and Love

## Section 4: Relationships and Love (Affirmations 61-80)

Healthy relationships begin with the beliefs you carry about love, connection, and your own worthiness. This section provides 20 affirmations to attract positive relationships and love into your life.

Here are the 20 affirmations for relationships and love from the 111 Affirmation e-book:

1. "I am worthy of loving and healthy relationships."\*
2. "I trust that I will attract people who support and uplift me."\*
3. "I am grateful for the love and connection that already exists in my life."\*
4. "I am a magnet for loving and positive relationships."\*
5. "I trust that I am capable of creating and maintaining healthy relationships."\*
6. "I am deserving of love, respect, and happiness in all my relationships."\*
7. "I am surrounded by people who love and appreciate me for who I am."\*
8. "I trust that I will always be guided to make choices that support my highest good in relationships."\*
9. "I am confident in my ability to communicate effectively and resolve conflicts in a healthy way."\*
10. "I am worthy of receiving and giving love freely and unconditionally."\*
11. "I trust that my intuition will guide me to recognize and nurture healthy relationships."\*
12. "I am grateful for the opportunities to grow and learn in my relationships."\*



## Relationships and Love

### Section 4: Relationships and Love (continued)

13. \*"I am a master of creating and maintaining loving and healthy relationships."\*
14. \*"I trust that I am capable of overcoming any challenges that arise in my relationships."\*
15. "I am deserving of forgiveness and new beginnings in my relationships."\*
16. \*"I am surrounded by people who support and encourage my personal growth and development."\*
17. \*"I trust that my relationships will always be a source of joy, love, and connection."\*
18. \*"I am confident in my ability to set healthy boundaries and prioritize my own needs in relationships."\*
19. \*"I am worthy of experiencing deep and meaningful connections with others."\*
20. \*"I trust that love and connection are always available to me, and I welcome them into my life."\*

*Remember to repeat these affirmations daily, with conviction and feeling, to help attract loving and healthy relationships into your life.*



# Health and Wellness

## Section 5: Health and Wellness (Affirmations 81-100)

Health and wellness begin with the way you care for your body, mind, and emotions. This section provides 20 affirmations to promote health and wellness by encouraging trust in the body's natural ability to heal, balance, and grow stronger. These affirmations support positive habits, emotional resilience, and a deeper connection with your physical well-being.

Here are the 20 affirmations for health and wellness from the 111 Affirmation e-book:

1. "I am worthy of optimal health and wellness."\*
2. "I trust that my body is capable of healing itself."\*
3. "I am grateful for the health and wellness that already exists in my life."\*
4. "I am a vibrant and healthy person, radiating energy and vitality."\*
5. "I trust that I am capable of making healthy choices that support my well-being."\*
6. "I am deserving of feeling strong, flexible, and energized."\*
7. "I am surrounded by healthy habits and supportive relationships that promote my well-being."\*
8. "I trust that my intuition will guide me to make wise decisions about my health."\*
9. "I am confident in my ability to manage stress and anxiety in a healthy way."\*
10. "I am worthy of feeling happy and fulfilled in my body."\*
11. "I trust that my body is resilient and capable of bouncing back from any challenges."\*



# Health and Wellness

## Section 5: Health and Wellness (continued)

12. \*"I am grateful for the opportunities to learn and grow in my health and wellness journey."\*
13. \*"I am a master of creating and maintaining a healthy and balanced lifestyle."\*
14. \*"I trust that I am capable of overcoming any health challenges that come my way."\*
15. \*"I am deserving of feeling confident and empowered in my body."\*
16. \*"I am surrounded by positive and supportive energy that promotes my health and wellness."\*
17. \*"I trust that my health and wellness will always be a priority in my life."\*
18. \*"I am confident in my ability to listen to my body and honor its needs."\*
19. \*"I am worthy of experiencing vibrant health and wellness in all areas of my life."\*
20. \*"I trust that I am capable of creating a healthy and balanced lifestyle that brings me joy and fulfillment."\*

*Remember to repeat these affirmations daily, with conviction and feeling, to help attract health and wellness into your life.*



# Spiritual Growth and Development

## Section 6: Spiritual Growth and Development (Affirmations 101-111)

Spiritual growth is a personal journey of awareness, trust, and deeper connection. This section provides 11 affirmations to promote spiritual growth and development by strengthening inner faith, intuition, and a sense of alignment with the universe. These affirmations are designed to support peace, guidance, and a calm confidence in your path—helping you feel more connected, supported, and centered within yourself.

Here are the 11 affirmations for spiritual growth and development from the 111 Affirmation e-book:

1. "I am connected to the universe and its infinite wisdom."\*
2. "I trust that I am on the right path, and I am guided by my intuition."\*
3. "I am a spiritual being, and I honour my connection to the divine."\*
4. "I trust that I am capable of accessing higher states of consciousness and inner wisdom."\*
5. "I am worthy of spiritual growth and development, and I welcome new experiences and insights."\*
6. "I am surrounded by loving and supportive energy that guides me on my spiritual journey."\*
7. "I trust that I am capable of overcoming any spiritual challenges that come my way."\*
8. "I am confident in my ability to connect with my higher self and access inner guidance."\*
9. "I am worthy of experiencing spiritual awakening and enlightenment."\*



# Spiritual Growth and Development

## Section 6: Spiritual Growth and Development (Continued)

10. \*"I trust that my spiritual journey is unique and perfect for me, and I celebrate my individuality."\*
11. \*"I am one with the universe, and I trust that I am exactly where I need to be."\*

*Remember to repeat these affirmations daily, with conviction and feeling, to help support your spiritual growth and development.*



# Additional Tips

To get the best results from these affirmations, consistency is key. Use the tips below to help you build a simple daily practice and strengthen the impact of each affirmation over time.

- Repeat each affirmation 3–5 times daily, with conviction and feeling.
- Use a mirror to repeat affirmations, making eye contact with yourself.
- Write down your favourite affirmations and place them in strategic locations where you'll see them often.
- Share your affirmations with a friend or accountability partner to amplify their effectiveness..



# Conclusion

This e-book concludes with a simple reminder: practice these affirmations daily and trust in their power to transform your life. The more consistently you repeat them—with conviction and feeling—the more they can support positive changes in your thoughts, beliefs, and mindset. Stay committed, stay patient, and trust the process as you continue your journey.



**I Manifest All Your Manifestations Comes True**

**TRUST THE PROCESS**

Thank you

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