**20 Affirmations for Being Mindful Through Planning & Meditation**

1. I am here fully in the present

2. I am happy, content and fully engaged in my life right now.

3. Today, I choose to let go of the things I cannot change

4. I am exactly where I need to be right now

5. I give myself permission to forgive those who have hurt me

6. Today I am going to love myself and appreciate the things I have

7. I am a loving partner, and I am loved. That is more than enough

8. I am most powerful in this very moment

9. Today, I allow myself to feel any emotion, whether positive or negative

10. I am not my thoughts. All that matters is here and now

11. I continue to do the best I can with the resources on hand

12. I am brave, resilient, and capable.

13. It is safe for me to give up my control

14. I allow myself to fully relax in the present

15. In the present, I find peace

16. I connect with the calm of the present moment

17. I recognize my self-worth and I allow myself to enjoy this and every moment of my life

18. I will release all struggle that comes from my past and I will forgive all past experiences

19. I am going to shape my life according to my own needs and desires

20. I will set myself free by forgiving myself for past trauma