

AFFIRMATIONS

for cultivating a state of

PEACE & INNER SAFETY

- (1) I release the need to control what is beyond me and find serenity in what I can influence—my breath, my choices, and my mindset.
- (2) Peace begins within me, and I create it moment by moment, breath by breath, regardless of what surrounds me.
- (3) I allow myself to soften. I do not need to be tense or guarded to be safe—peace is my new protection.
- (4) I no longer chase peace—I become it, by choosing thoughts and actions aligned with clarity, compassion, and truth.
- (5) I give myself permission to step away from noise, chaos, and distraction, and I honor the stillness that heals me.
- (6) Every time I exhale, I release stress and resistance. Every inhale draws in calm, clarity, and grounded presence.
- (7) I forgive myself for the times I mistook survival for peace. Now, I choose to heal, not just to cope.
- (8) I am safe to be still. I am safe to rest. I am safe to just be. Peace does not mean perfection—it means presence.
- (9) I attract peaceful experiences, people, and places because I have made peace a priority within.
- (10) Even when the world feels uncertain, I trust that I can return to myself, to my center, where peace always lives.

