Balance Affirmations

Every aspect of my life is in Perfect Harmony and balance.

As I center down, a deep, abiding Peace fills my being and I know all is well.

As I forgive myself and others, I stay in perfect balance.

I honor my body temple with a balanced diet, exercise and plenty of rest.

I choose to lighten up, easily laughing and experiencing Pure Joy.

The natural rhythm of life is always in balance. I breathe in God and breathe out God.

I easily balance work with periods of rest and play.

Walking in nature connects me to the Beauty and Unity of Life.

I am flexible and easily adapt to change.

Every cell of my being vibrates with Wholeness and Harmony, in alignment with God.

I am always in mental, emotional and physical balance.

I am too blessed to be stressed. I stay in gratitude.

I am happy, joyous and free. My life is in Divine Order.

I consciously choose balanced living - everything works together for good.

I take time daily to listen to the still, small voice within.

My actions are filled with love and compassion.

I stay in the flow of Life with daily prayer and meditation.

I gracefully say "no" if a choice does not service my highest good.

I let go of the need to be busy. I am enough!

I choose to relax and move at the pace of Divine Guidance.

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