

# ALKALINE AFFIRMATIONS



I choose the people who I want in my space, like flowers in a bouquet.

If I notice a toxic person or spirit in my environment, I view them as a trespasser and usher them out with no ambiguity – either they leave or I leave.

I magnetize people to me who have priorities like peace, growth, discipline and love.

I notice when a situation is heading in the wrong direction and I nip it in the bud before negativity takes root. I can do this because I am a light bearer who brings positive vibes to every situation and I know that darkness and light cannot co-exist.

I think positive thoughts, speak positive words, and move in the direction of progress – this predictable positivity breeds more prosperity in all areas of my life.

I only speak hope and optimism to or about others and I know that most people are doing the best they can with what they have. I offer them grace and encouragement.

I believe that iron sharpens iron and I seek to be in the company of others who will vibrate on my level and help me activate my potential.

## **Self-Reflection Questions:**

1. What word inventory do I need to initiate to ensure my conversation is more productive?
2. What habitual pattern do I want to instill to combat the negative thoughts that come my way?
3. What steps can I take to deal with toxic people in my household or family?