

BeHappyforLife.net

Affirmations of Love

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***Empowering Thoughts
& Affirmations***

The *Affirmations of Love* cards can be printed and cut into individual cards or used directly from your computer. Each card corresponds to a section in the *Be Happy for Life Program: Practice Happiness by Loving Others*. Use these cards daily to affirm the power of love in your life. Share them with others and enjoy a life of love!

Blank cards are included for you to add new affirmations.

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**There is more than one way to say
“I love you.”**

**I can know love in a deeper way as I
learn how to discern its attributes.**

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**Everyone wants to be loved.
Everyone is worthy of love.**

**I can allow the power of love to work
in my life. I can accept myself and
others as worthy of love.**

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**Life is filled with obstacles and imperfect
people that hinder our plans, slow us
down, and annoy us.**

**I can accept life as being imperfect. I
can allow myself and others to have
flaws.**

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**People often seem to be more concerned
with what they can get rather than what
they can give.**

**I can enjoy the rewards that come
from giving.**

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**We spend more time thinking about
ourselves—what we want, how we feel,
and what we think—than any other person.**

**I can choose to think of others
besides myself.**

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**Comparing ourselves with others often
causes us to feel superior or inferior to
them.**

**I can appreciate individual differ-
ences and be thankful for who I am.**

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**Nobody likes to be wrong because it
forces us to face our inadequacies.**

**I can admit my mistakes and learn
from them.**

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**The need to have our own way leads us to
disregard the needs of others.**

**I can be open-minded and respectful
of the needs of others.**

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We may not be able to control stressors and pressures in our lives, but how we respond to them is up to us.

I can accept responsibility for my temper and exercise self-control.

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Unforgiveness keeps us imprisoned in pain and hurt.

I can give up resentment and be free.

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A relationship built on anything but trust and sincerity is like a house built on shifting sand.

I can be true to myself and others.

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***Love is patient, love is kind.
It does not envy, it does not boast,
It is not proud. It is not rude,
it is not self seeking, it is not easily angered,
it keeps no records of wrongs.
It always protects, always trusts,
always hopes, always perseveres.***

1 Corinthians 13

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