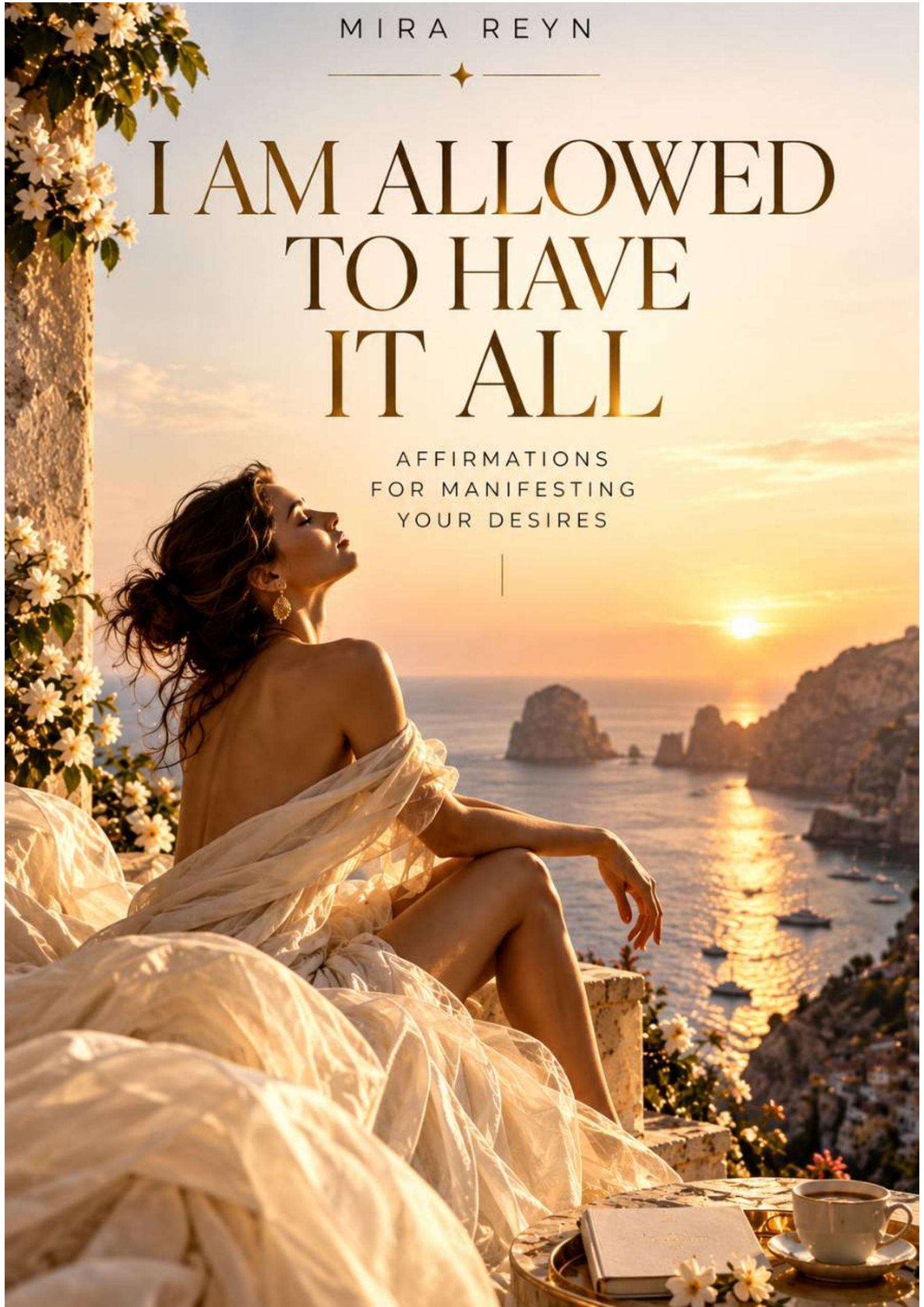


MIRA REYN



I AM ALLOWED TO HAVE IT ALL

AFFIRMATIONS
FOR MANIFESTING
YOUR DESIRES



Мира Рейн

I am allowed everything i dream of

«Автор»

2026

Рейн М.

I am allowed everything i dream of / М. Рейн — «Автор», 2026

I AM ALLOWED EVERYTHING I DREAM OF Affirmations for Fulfilling Desires by Mira Rein What if you stopped waiting for permission to live the life you truly want? This book is an invitation to reconnect with your desires, transform limiting beliefs, and open yourself to new possibilities. Through powerful affirmations, you will learn to shift your inner dialogue, strengthen self-worth, release the fear of wanting more, and embrace the possibility of a happier, richer, more fulfilling life. Whether you dream of love, abundance, confidence, freedom, or a fresh start, these words can become a daily reminder that your desires matter and your future is not defined by your past. You don't have to earn the right to dream. You don't have to make yourself smaller to fit someone else's expectations. You are allowed to want more. You are allowed to choose yourself. You are allowed everything you dream of.

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Мира Рейн

I am allowed everything i dream of

MIRA REIN

I AM ALLOWED

EVERYTHING I DREAM OF

—

Affirmations for fulfilling desires

THE UNIVERSE HEARS ME

Some seem simple and achievable. Others are so big that sometimes it's scary to even admit to yourself how much you want them.

We often put our desires off for later.

"When there's more money."

"When the right person appears."

"When I become more confident."

"When everything falls into place."

But life doesn't begin after a desire is fulfilled. It happens right now.

This book was created to help you change your inner dialogue with yourself: to stop denying yourself what you want in advance, to allow yourself to dream, and to learn to look at your desires not through fear, but through possibility.

Affirmations are not a magic button and not a promise that saying a few words is enough for reality to change instantly.

Their power lies elsewhere.

The words we repeat regularly gradually become part of our inner state. And that state influences our decisions, actions, attention, and ability to notice opportunities.

So as you read this book, don't force yourself to believe every phrase instantly.

Start with something simple:

"I allow myself to admit that this is possible."

Sometimes the most important turning point begins with exactly this thought.

You don't need to know the whole path.

You don't need to understand exactly how your desire will come true.

You just need to know what you want, allow yourself to want it, and be ready to see the opportunities that will lead you there.

Let this book become your daily space of strength.

Open it in the morning, in the evening, or at the moment when you especially need faith in yourself.

Read slowly.

Choose the words that resonate with you specifically.

Write down the affirmations you like.

Repeat them as many times as you like.

And most importantly — don't shrink your desires just because you don't currently see a way to fulfill them.

What seems distant today may become part of your reality tomorrow.

You have the right to want.

You have the right to dream.

You have the right to receive.

And you have the right to believe that good things are still ahead.

CHAPTER 1

I Allow Myself To Have What I Want

My desires are important to me.
I don't have to justify my desires to other people.
I allow myself to want more.
I allow myself to dream big.
I don't shrink my desires out of fear that they might not come true.
I accept my dreams without shame or doubt.
I am worthy of the life I desire.
I am worthy of good changes.
I am worthy of receiving what I dream of.
I allow myself to imagine my life exactly as I want to see it.
My desires matter.
I trust my true desires.
I allow myself to choose what truly makes me happy.
I don't have to settle for less just because less feels familiar.
I release the belief that good things must come to me with difficulty.
I allow myself to receive easily what brings me joy.
I open myself to new opportunities.
I am ready for pleasant changes.
I allow my life to become better.
I am not afraid of my own desires.
I am not afraid of big goals.
I am not afraid of the changes that can lead me to what I want.
I believe that my life can change for the better.
I allow myself to expect good things.
I notice more and more reasons to believe in a favorable outcome.
I free myself from the need to know in advance how my desire will come true.
I don't need to see the whole path to take the first step.
I trust myself and my decisions.
I choose thoughts that support me.
I stop telling myself "this is impossible."
I replace doubt with curiosity: "What if this really is possible?"
I am open to unexpected paths to what I want.
I allow life to surprise me.
I accept help, opportunities, and new circumstances that bring me closer to my goal.
I notice opportunities where I previously saw only obstacles.
I am becoming a person who knows how to receive good things.
I don't push away what I want with fear, distrust, or the belief that I'm not allowed to have more.
I accept the thought that my dream can become reality.
I allow myself to feel joy even before my desire is fulfilled.
I am grateful for what is already in my life, and open to what comes next.
My life is not limited by my past.
My past circumstances do not determine my future.
I can choose a new scenario for my life.
I can change direction.
I can start over.
I can want more.

I can receive more.
I can create a life for myself that I will be proud of.
I don't need to become someone else to deserve what I want.
I am already worthy of love, abundance, happiness, success, and the fulfillment of my desires.
I allow myself to live not only out of necessity, but also out of desire.
I choose a life that resonates with my heart.
I trust my inner voice.
I don't give up on my dream just because it hasn't become reality yet.
I keep the faith and at the same time act where I can act.
I allow my desire to inspire me.
I open myself to new acquaintances, ideas, solutions, and circumstances.
I am ready to meet an opportunity I don't yet see.
I am ready to receive what I once only dreamed of.
I allow good things to happen to me.
I allow myself to be happy.
I allow myself to be successful.
I allow myself to be loved.
I allow myself to be wealthy.
I allow myself to live beautifully.
I allow myself to choose the best.
I allow myself to receive.
I allow myself to have.
I allow myself the fulfillment of my desires.
MAIN AFFIRMATION OF THE CHAPTER
I allow myself to have what I want.
I don't shrink my dreams.
I don't give up on what I want in advance.
I am open to the opportunities that lead me to my goal.
I am worthy of a good life, and I allow it to become my reality.

CHAPTER 2

I Believe That My Desire Is Possible

Sometimes the biggest obstacle between a person and their desire is not circumstances, but the thought that what they want is impossible.

We are used to evaluating the future through past experience.

If it didn't work out before, it seems it won't work out again.

If someone said it's impossible, we begin to doubt.

If the path turned out to be difficult, we take the difficulty as a sign that we should stop.

But the past is not a final forecast of the future.

What hasn't happened yet cannot be known for certain.

So instead of asking "How can this happen?" sometimes it's enough to ask yourself:

"And why can't this happen?"

I admit the possibility of my desire being fulfilled.

I believe that my life is capable of changing.

I am open to a good turn of events.

I don't know all the ways in which my desire can come true, and I don't need to know them.

I allow the future to be better than my past.

I stop using past failures as proof that success is impossible.

The fact that something didn't work out once doesn't mean it won't work out now.

I can try again in a different way.

I can choose a different path.

I can see a solution where I didn't notice one before.

I believe in the possibility of new circumstances.

I believe in the possibility of unexpected changes.

I believe in the possibility of a happy turn of events.

I believe that opportunities can appear when I least expect them.

I allow myself to be pleasantly surprised by life.

I don't demand of myself that I know the exact date my desire will be fulfilled.

I don't have to see the result right now.

My desire doesn't become impossible just because today I don't yet see its manifestation.

I stay calm even when the path is still continuing.

I trust the process of my life.

I believe in my abilities.

I believe in my decisions.

I believe that I can learn what I don't yet know how to do.

I believe that I can receive what I have never had before.

I believe that I can reach a new level of life.

I allow myself to think bigger.

I free myself from the habit of setting limitations on myself in advance.

I no longer decide for life what is impossible for me.

I don't know what opportunities may appear tomorrow.

That is exactly why I leave room for a miracle.

I am open to unexpected solutions.

I am open to new people.

I am open to new offers.

I am open to new sources of income.

I am open to new relationships.

I am open to new ideas.

I am open to new roads.
I notice what can bring me closer to what I want.
My attention is becoming clearer.
I see opportunities that align with my goals.
I know how to distinguish fear from intuition.
I don't let anxiety make decisions for me.
I choose hope instead of pre-invented defeat.
I choose possibility instead of limitation.
I choose movement instead of waiting for the perfect moment.
I can take one small step today.
Even a small step can change the direction of my life.
I don't have to do everything at once.
It's enough for me to move toward what I want.
Each conscious step I take strengthens my confidence.
I am becoming closer to my goal through my actions and decisions.
I believe that I deserve to see the result of my efforts.
I believe that my efforts can bear fruit.
I allow myself to expect good things.
I don't feel guilty for wanting a happy future.
I am not afraid to hope.
I am not afraid to dream.
I am not afraid to believe.
I allow myself to imagine the moment when my desire has already become reality.
I feel gratitude for this possibility.
I allow myself to feel joy from the mere thought of what I desire.
I don't cling to a single scenario.
I trust that the path may turn out completely different from what I imagined.
Perhaps life will lead me to what I want in a way I cannot predict right now.
I leave space for the best option.
I believe that ahead there may be opportunities I don't yet see.
I believe that much can change.
I believe that my story is still being written.
I believe in the possibility of my happy future.
I believe in the possibility of my desire being fulfilled.
I allow this thought to become part of me.

MAIN AFFIRMATION OF THE CHAPTER

My desire is possible.
I don't know all the paths to it, and I don't need to know them in advance.
I am open to opportunities, changes, and new solutions.
I don't let the past determine my future.
I believe that my life can surprise me in the most beautiful way.

I Release Fear And Doubt

Sometimes we want something so much that we begin to fear we won't get it.
We check.
We wait.
We count the days.
We look for confirmation.
We try to guess when exactly everything will happen.
And gradually the desire stops being a source of inspiration and turns into a source of anxiety.
This chapter is about a different state.
About calm confidence.
About trust in yourself.
About the ability to want and at the same time continue living your life.
I don't need to fear for my future.
I don't need to constantly check whether my desire is coming true.
I release the need to control everything.
I allow events to unfold in their natural way.
I free myself from anxious waiting.
I stop looking for evidence every minute.
I don't need to receive confirmation right now.
The absence of an instant result doesn't mean the absence of movement.
I allow myself not to know the exact time.
I don't turn waiting into anxiety.
I choose calm.
I choose trust.
I choose inner support.
I release the fear that everything will go wrong.
I release the habit of imagining the worst-case scenario in advance.
I no longer create events in my mind that haven't happened yet.
I return to the present moment.
Right now, everything is fine with me.
I am safe.
I can calmly live today without giving up my desires.
I don't have to suffer in order to receive what I want.
I don't have to think about my dream constantly for it to come true.
I can go about my business.
I can laugh.
I can rest.
I can rejoice.
I can enjoy the present.
My desire doesn't disappear just because I stop thinking about it every minute.
I trust myself enough to let go of constant control.
I allow myself to rest from waiting.
I release the obsessive desire to know "when."
I stop comparing my path with someone else's.
Someone else's story doesn't define mine.
Someone else's timeline is not my timeline.
I don't need to keep up with anyone's idea of a proper life.

My path is unique.
My timing is unique.
My circumstances are unique.
I am not late for my life.
I am not late with my dreams.
I haven't missed my chance.
Much can still happen in my life.
I release regrets about the past.
I release the thoughts "I should have done it earlier."
I release the thoughts "it's already too late."
I release the fear of change.
I allow the new to enter my life.
I don't cling to the old just because it's familiar.
I trust myself to go through changes.
I am capable of handling uncertainty.
I am capable of accepting new circumstances.
I am capable of choosing myself.
I am capable of moving forward.
I release the need to know the entire route.
It's enough for me to see the next step.
I don't have to have answers to all questions today.
Answers come gradually.
Opportunities appear gradually.
Changes happen gradually.
I allow everything to unfold at its own pace.
I stop treating every delay as a refusal.
Sometimes the path simply requires time.
Sometimes life changes direction.
Sometimes a better option opens up before me than the one I imagined.
I leave room for the best.
I don't hold on to a single way of fulfilling my desire.
I trust myself to see another opportunity if it appears.
I allow what I desire to come to me through an unexpected path.
I release the fear of losing what I haven't yet received.
I release the fear of disappointment.
I release the fear of the unknown.
I choose hope without tension.
I choose faith without fanatical waiting.
I choose calm without indifference.
I can want strongly and at the same time remain free.
I can dream and continue living.
I can believe and act.
I can wait and not worry.
I can trust and at the same time do what depends on me.
I free up space inside myself for good events.
I no longer hold fear where I want to see love, joy, and abundance.
I allow myself to relax.
I allow myself to exhale.
I allow myself to say:

"I don't need to know everything right now. I trust myself and my life."

I release tension.

I release doubts.

I release fear.

I leave room for a miracle.

MAIN AFFIRMATION OF THE CHAPTER

I release fear and the need to control everything.

I don't need to know the exact path and timing of my desire's fulfillment.

I trust myself, my decisions, and my life.

I allow good events to happen without constant tension.

I can want, believe, and at the same time calmly live in the present.

CHAPTER 4

I Open Myself To The Fulfillment Of My Desire

Sometimes a person says they want change, but inside they continue to live as if nothing can be changed.

They dream of a different life, but are afraid to step out of the familiar.

They want more money, but are afraid of big opportunities.

They want love, but expect pain in advance.

They want success, but doubt whether they can handle it.

So the fulfillment of a desire is not only the ability to want.

It is also the readiness to accept the new.

I open myself to the new reality of my life.

I am ready for good changes.

I am ready to receive what I dream of.

I allow what I desire to become part of my life.

I don't push away good things when they come unexpectedly.

I notice the opportunities that appear before me.

I allow myself to receive help.

I allow myself to receive gifts of fate.

I allow myself to receive support.

I allow myself to receive new offers.

I allow myself to receive love.

I allow myself to receive money.

I allow myself to receive success.

I allow myself to receive happiness.

I don't have to earn everything through suffering.

I don't need to prove that I deserve a good life.

I deserve to receive good things simply because I exist.

I allow myself to get used to favorable circumstances.

I am comfortable when my life becomes better.

It is safe for me to have more.

It is safe for me to be successful.

It is safe for me to receive big opportunities.

It is safe for me to be happy.

It is safe for me to live in abundance.

It is safe for me to love and be loved.

I free myself from the inner fear of good changes.

I don't sabotage my own happiness.

I don't refuse an opportunity just because it seems too good.

I allow myself to consider new opportunities calmly and attentively.

I trust myself to make the right decisions.

I know how to choose what truly suits me.

I don't grab at the first thing that comes along.

I choose from a state of inner worth.

I know that I deserve the option that is right for me.

I don't settle for less just out of fear of ending up with nothing.

I trust that more can appear in my life.

I am open to new people.

I am open to new acquaintances.

I am open to new ideas.
I am open to new sources of income.
I am open to new projects.
I am open to new opportunities for growth.
I am open to new places.
I am open to new experiences.
I am open to new relationships.
I am open to new versions of myself.
I allow myself to go beyond the familiar.
I don't have to stay the same.
I can change.
I can grow.
I can become braver.
I can become more confident.
I can choose a different life.
I allow myself to see myself in the future where my desire has already come true.
I imagine this life calmly.
I feel gratitude for it.
I get used to the thought that good things are possible for me.
What once seemed distant no longer seems impossible to me.
I am learning to feel at ease alongside my dreams.
I don't put my desire on a pedestal.
I don't consider it unattainable.
I see it as one of the possible realities of my life.
I don't ask: "Why should this happen to me?"
I ask:
"Why shouldn't I have this too?"
I allow myself to imagine the best-case scenario.
I allow myself to believe in it.
I allow myself to take a step toward it.
I notice the coincidences, ideas, and opportunities that help me move forward.
I listen to myself attentively.
I trust my intuition.
I act when I feel the time has come.
I am not afraid to take the first step.
I am not afraid to take the second step.
I am not afraid to change direction if I realize a more suitable path has appeared.
I know that the path to what I desire can be unpredictable.
And I am ready for pleasant surprises.
I allow life to exceed my expectations.
I admit that the result may turn out even better than my original dream.
I leave space for more.
I open myself to opportunities I cannot yet imagine.
I open myself to happy coincidences.
I open myself to timely decisions.
I open myself to new doors.
I open myself to new roads.
I open myself to a new stage of my life.
Everything good that comes to me, I receive with gratitude.

I don't run away from happiness.
I am not afraid of my own success.
I don't make myself smaller so that others can feel comfortable.
I allow myself to shine.
I allow myself to receive.
I allow myself to have.
I allow myself to enjoy.
I allow myself to live the life I dream of.
I am ready.
I am open.
I receive.
I trust.

MAIN AFFIRMATION OF THE CHAPTER

I open myself to the fulfillment of my desire.
I am ready to receive new opportunities, favorable circumstances, and good changes.
It is safe for me to receive more.
It is safe for me to be happy.
I allow my life to become better and I receive good things when they come to me.

CHAPTER 5

I Trust The Path To My Desire

We often think that trust means simply sitting and waiting.

But true trust is different.

It is the ability to know what you want, to do what depends on you, and at the same time not try to control the entire result every minute.

It is impossible to foresee every conversation, every meeting, every opportunity, and every circumstance that can change your life.

And in this there is not only uncertainty, but also freedom.

I trust the path that leads me to what I desire.

I don't have to know the entire route in advance.

It's enough for me to see the next step.

I trust myself to make decisions as I move along.

I allow life to reveal new opportunities before me.

I don't demand of myself that I know the answer to every question.

I don't have to understand in advance exactly how my desire will come true.

I allow events to unfold naturally.

I trust time.

I trust my inner feeling.

I trust my ability to recognize suitable opportunities.

I trust myself to say "yes" when an opportunity truly suits me.

I trust myself to say "no" when a path doesn't suit me.

I don't grab at everything out of fear of missing a chance.

I know how to wait for the right moment.

I know how to act when the moment comes.

I allow myself to move without haste.

I don't need to rush events.

I don't need to force life to happen according to my schedule.

I release the desire to control every detail.

I don't try to predict the future.

I create it with my decisions.

Every day I can do something that brings me closer to what I desire.

I notice my opportunities.

I notice useful acquaintances.

I notice new ideas.

I notice information that may turn out to be important.

I notice the doors that open before me.

I notice the doors that close not in my favor.

I understand that letting go of what doesn't suit me sometimes frees up space for what does.

I don't perceive every delay as a defeat.

Sometimes a pause gives me time to prepare.

Sometimes a change of path leads to a better result.

Sometimes what seems like a loss frees up space for something new.

I allow myself not to know why each event happens.

I don't need to understand everything at once.

In time, much becomes clearer.

I trust the process of my growth.

I trust my own development.

I become ready for what I wanted before, gradually.
I allow myself to learn.
I allow myself to make mistakes.
I allow myself to change my decisions.
I don't have to be perfect to move forward.
I don't have to have absolute certainty.
The inner decision to continue is enough for me.
I don't give up just because the result isn't visible yet.
I continue to act where I can influence the situation.
I release what I cannot influence.
I distinguish action from control.
Action helps me move.
Control makes me anxious.
I choose action.
I release control.
I don't check every minute whether "it worked."
I don't look for confirmation of my desire in everything around me.
I don't force random events to mean what they don't mean.
I remain attentive but calm.
I notice opportunities without obsessive searching.
I allow everything to happen naturally.
I don't rush my life.
I don't compare my timeline with others'.
Every person has their own path.
My life unfolds at its own rhythm.
I am not late.
I haven't lost time.
I am exactly at the point from which I can move forward.
I accept today.
I don't postpone happiness until the moment my desire is fulfilled.
I live now.
I laugh now.
I love now.
I rest now.
I am creating a good life already today.
My desire is part of my path, but not my entire life.
I don't become a hostage of waiting.
I keep my freedom.
I keep my energy.
I keep my calm.
I trust that not everything has to happen according to my plan in order to lead me to a good result.
I admit unexpected solutions.
I admit new paths.
I admit the best option.
I admit that the result may exceed my expectations.
I allow life to surprise me.
I choose trust instead of anxiety.
I choose movement instead of waiting.

I choose calm instead of control.

I choose faith in myself instead of constant doubt.

I know what I want.

I do what depends on me.

And I allow the rest to unfold in its own time.

MAIN AFFIRMATION OF THE CHAPTER

I trust the path to my desire.

I do what depends on me and release the need to control everything else.

I don't rush events and I don't compare my path with anyone else's.

I am open to new roads and unexpected opportunities.

I trust myself, my path, and my ability to make the right decision when it is needed.

CHAPTER 6

I Release The Past And Open Myself To The New

The past can teach us a lot.
But it shouldn't become a cage.
What once caused pain doesn't have to repeat.
What once didn't work out doesn't mean it will always be that way.
The fact that someone didn't choose me doesn't mean I am unworthy of love.
The fact that I lost one opportunity doesn't mean opportunities have run out.
My life continues.
And there is still room in it for the new.
I release everything that no longer serves my future.
I release old disappointments.
I release regrets.
I release resentments.
I release the fear of repeating the past.
I release the need to return again and again to what has already happened.
I allow the past to remain in the past.
I don't have to carry old pain into a new life.
I don't have to prove to myself that things will go wrong again.
I don't have to wait for the old scenario to repeat.
My past is part of my story, but not my whole story.
I am not defined by my failures.
I am not defined by my mistakes.
I am not defined by losses.
I am not defined by other people's words.
I am not defined by what once didn't work out.
I choose to look forward.
I allow myself to start a new chapter.
I allow myself to change my attitude toward life.
I allow myself to change my decisions.
I allow myself to choose a different path.
I allow myself to become a different version of myself.
I don't need to stay the same just because people are used to seeing me that way.
I am growing.
I am changing.
I am developing.
I am becoming more confident.
I am becoming wiser.
I understand myself better.
I understand my desires better.
I am learning to choose what truly suits me.
I leave in the past what no longer corresponds to my life.
I no longer hold on to old scenarios.
I don't have to repeat the fate of the past.
I can create a new experience.
I can write a new story.
I can choose new relationships.
I can choose a new job.

I can choose new opportunities.
I can choose a new level of life.
I can choose happiness.
I allow myself to stop waiting for bad things.
I allow myself to expect good things.
I don't look for a catch in every pleasant event.
I don't suspect life of wanting to disappoint me.
I allow good things to be simply good.
I allow myself to rejoice without fear that joy will necessarily end.
I allow myself to hope without the feeling that hope will make me weak.
I allow myself to trust after disappointments.
I allow myself to love after pain.
I allow myself to dream after failures.
I allow myself to want again what I once was afraid to want.
I don't give up on the future because of the past.
I don't close the door to the new just because once there was pain behind it.
I leave room for a different experience.
I leave room for a happy experience.
I leave room for people who treat me with respect.
I leave room for opportunities that truly suit me.
I leave room for success.
I leave room for abundance.
I leave room for love.
I leave room for joy.
I leave room for the fulfillment of my desires.
I no longer use the past as proof that the future is doomed to repeat it.
The future is not yet written.
Each new day gives me the opportunity to choose differently.
I choose differently.
I choose myself.
I choose my desires.
I choose my development.
I choose my freedom.
I choose my life.
I thank the past for the experience and release it.
I don't need to forget the past in order to stop living in it.
I can remember and move on.
I can draw a conclusion and let go.
I can keep the wisdom and leave the pain.
I can become stronger without becoming rigid.
I can be cautious without closing myself off from life.
I can be wise and at the same time open to good things.
I no longer wait for the old scenario to repeat.
I create a new one.
I don't know what the future will bring me.
And that is exactly why it can bring me what I have never yet experienced.
I open myself to the new.
I open myself to changes.
I open myself to happy circumstances.

I open myself to unexpected opportunities.

I open myself to a new version of my life.

I release what has ended.

I accept what is beginning.

I look forward with hope.

I allow myself to believe in the best.

I allow myself to expect pleasant changes.

I allow my life to surprise me.

I am ready to leave the old behind.

I am ready to take a step forward.

I am ready for a new chapter.

MAIN AFFIRMATION OF THE CHAPTER

I release the past and free up space for the new.

The past no longer determines my future.

I don't have to repeat old scenarios.

I open myself to new opportunities, new people, new circumstances, and new happy events.

I choose to look forward and I allow my life to become different.

CHAPTER 7

I Am Worthy Of The Fulfillment Of My Desires

Sometimes a person wants change, but deep inside doesn't consider themselves worthy of receiving it.

You can dream of love and at the same time think that true love only happens to others.

You can want abundance and believe that big money requires too high a price.

You can strive for success and fear that success will change how others treat you.

You can want a happy life and still feel that you need to become "better" first in order to deserve it.

But a person's worth doesn't need to be proven.

You don't have to become perfect to have the right to a good life.

I am worthy of the fulfillment of my desires.

I am worthy of happiness.

I am worthy of love.

I am worthy of respect.

I am worthy of abundance.

I am worthy of success.

I am worthy of well-being.

I am worthy of calm.

I am worthy of a beautiful life.

I am worthy of new opportunities.

I am worthy of receiving good things.

I don't need to earn the right to happiness through suffering.

I don't need to become perfect.

I don't need to meet other people's expectations.

I don't need to be convenient for everyone.

I don't need to constantly prove my worth.

I am valuable right now.

I am good enough for a good life.

I am worthy of having my desires taken seriously by myself.

I don't devalue my dreams.

I don't laugh at my own desires.

I don't call my dreams silly or too big.

I allow myself to want what I truly want.

I am worthy of big goals.

I am worthy of big opportunities.

I am worthy of big changes.

I am worthy of new heights.

I am worthy of taking my place.

I am worthy of being noticed.

I am worthy of recognition.

I am worthy of receiving worthy pay for my work.

I am worthy of financial freedom.

I am worthy of living without the constant fear of lack.

I am worthy of allowing myself more.

I am allowed to have more.

I am allowed to choose the best.

I am allowed to live comfortably.

I am allowed to receive gifts.
I am allowed to receive help.
I am allowed to receive money.
I am allowed to receive love.
I am allowed to receive attention.
I am allowed to be happy.
I am allowed to rejoice without feeling guilty.
I am allowed to want a beautiful life.
I am allowed to dream of more.
I am allowed to change my life.
I am allowed to start over.
I am allowed to choose myself.
I am allowed to count my desires among what is important.
I stop considering myself the last person I need to take care of.
My needs are important.
My desires are important.
My feelings are important.
My goals are important.
I treat myself with respect.
I speak to myself kindly.
I don't humiliate myself for mistakes.
I don't deprive myself of a future because of the past.
I don't punish myself by denying myself happiness.
I allow myself to receive what brings me joy.
I don't compare my worth with other people's achievements.
Someone else's success doesn't diminish my opportunities.
Someone else's beauty doesn't make me less beautiful.
Someone else's happiness doesn't take away my happiness.
Someone else's abundance doesn't limit my prosperity.
There is room for me too.
There is room for my dreams.
There is room for my success.
There is room for my love.
There is room for my well-being.
I don't have to wait for permission from other people to live my life.
I give myself permission to go toward what I want.
I choose my own goals.
I determine the direction of my life myself.
I allow myself to be visible.
I allow myself to take up space.
I allow myself to speak about my desires.
I allow myself to ask for what I need.
I allow myself to accept worthy offers.
I allow myself to refuse what doesn't suit me.
I trust my right to choose.
I no longer make myself smaller for someone else's comfort.
I no longer give up opportunities out of fear of seeming too ambitious.
I am not afraid of my own growth.
I am not afraid of my own strength.

I am not afraid of success.
I am not afraid of abundance.
I am not afraid of happiness.
I allow myself to get used to good things.
It is natural for me to receive good things.
It is natural for me to be happy.
It is natural for me to live in abundance.
It is natural for me to see the results of my work.
It is natural for me to receive love and respect.
I accept the thought that good things can be my norm.
I don't have to spend my whole life struggling for the bare necessities.
I can move from survival to living.
I can move from fear to trust.
I can move from doubt to confidence.
I can move from limitations to opportunities.
I choose a life in which I feel good.
I choose a life in which my desires matter.
I choose a life in which I am not afraid to receive.
I am open to what I deserve and choose for myself.
I accept my worth.
I accept my right to happiness.
I accept my right to love.
I accept my right to abundance.
I accept my right to success.
I accept my right to the fulfillment of my desires.
I no longer ask whether I am worthy of good things.
I allow good things to enter my life.
I am ready to receive.
I am ready to have.
I am ready to live.

MAIN AFFIRMATION OF THE CHAPTER

I am worthy of the fulfillment of my desires.
I don't need to become perfect to have the right to happiness, love, abundance, and success.
I am valuable right now.
I allow myself to receive good things, choose the best, and create a life that truly corresponds to my desires.

CHAPTER 8

I Know Clearly What I Want

Sometimes a desire feels strong, but when we try to put it into words, it becomes unclear what exactly we want.

"I want a better life."

"I want more money."

"I want to be happy."

"I want everything to change."

Behind such words can hide completely different desires.

That is why clarity is not a limitation.

It is direction.

When you understand what you want, it's easier for you to notice opportunities, make decisions, and move forward.

I allow myself to look honestly at my desires.

I hear myself.

I understand myself.

I pay attention to what I truly want.

I distinguish my desires from other people's expectations.

I don't live only to meet other people's standards.

I choose what suits me specifically.

I don't have to want what everyone else wants.

My desires can differ from other people's.

And that's normal.

I trust my true desires.

I allow myself to be honest with myself.

I don't hide my desires out of fear of judgment.

I don't shrink them for someone else's approval.

I don't call what is truly important to me too big.

I can want more.

I can want something different.

I can change my desire if I realize it no longer suits me.

I am allowed to change my mind.

I am allowed to choose a new path.

I am allowed to understand myself more deeply.

I don't have to stay faithful to an old dream forever.

I choose what makes my life more fulfilling.

I ask myself the right questions.

What do I truly want?

How do I want to feel?

What life do I want to live?

What does success mean to me?

What does happiness mean to me?

What does abundance mean to me?

What does love mean to me?

I don't copy someone else's dream.

I create my own.

I don't strive for a pretty picture just for someone else's admiration.

I choose what truly brings me satisfaction.

I distinguish desire from the need to prove something to someone.
I don't need to become successful just to provoke envy.
I don't need to receive recognition in order to feel my worth.
I don't need to possess something just because others possess it.
I choose desires that are truly mine.
I understand what stands behind my dream.
Behind the desire for money there may be freedom.
Behind the desire for a home — safety and comfort.
Behind the desire for travel — a feeling of life and new experiences.
Behind the desire for love — closeness, trust, and warmth.
Behind the desire for success — self-realization and recognition of one's own work.
I allow myself to see the true reason behind my desire.
I understand my values.
I understand my priorities.
I understand what is truly important to me.
I don't scatter my energy on everything at once.
I can choose the main thing.
I can move gradually.
I can focus on one important direction.
I don't have to fulfill all desires at once.
Each desire can have its own time.
I calmly choose my priorities.
I know where I want to direct my attention.
I know what I want to create.
I know what I want to change.
I know what I want to keep.
I know what I want to let go of.
I allow my inner voice to become clearer.
I don't make decisions only out of fear.
I don't choose the future out of guilt.
I don't build my life around someone else's opinion.
I choose from a state of respect for myself.
I ask myself:
"If I didn't have to prove anything to anyone, what would I want?"
I hear the answer.
I trust that answer.
I am not afraid to admit my true desires to myself.
I am not afraid to dream big.
I am not afraid to dream simply.
I don't have to want something grandiose.
My happiness doesn't have to look impressive to others.
I can want a quiet and calm life.
I can want big success.
I can want travel.
I can want my own home.
I can want love.
I can want financial freedom.
I can want creativity.
I can want new experiences.

I can want all of this at once.
I choose what truly resonates with me.
I allow my desires to become clear.
I don't rush myself.
I observe myself.
I hear my thoughts.
I notice my feelings.
I understand what makes me feel joy.
I understand what gives me a sense of inner "yes."
I trust that feeling.
I don't have to explain to every person why I want something.
My dream doesn't need anyone else's permission.
I can keep some desires just for myself.
I can speak about them when I want to.
I choose whom to trust with my dreams.
My desires belong to me.

Конец ознакомительного фрагмента.

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