

POSITRUTH

The good I see in myself, I also see in others.

My heart is caring. It matters to me that others are happy, comfortable, and at peace. I reach out to help others in their time of need.

I know it matters to the people around me that I am comfortable and at peace. Their hearts are caring. When I need help, people around me reach out. I am loved.

I am surrounded by caring people, who have regard and consideration.

AFFIRMATION NOTES:

The Goodness in Others set of affirmations focuses on repairing or improving our perception of the people that surround us every day.

We can only control ourselves, which is why most affirmations are self-focused. However, our self-work can have external focuses, which can be even more powerful than a constant inward look.

While much of the conflict we may experience comes from our interactions with or perceptions of others, these affirmations can help us build a healthy, positive, generous view of others.

We all have wants and needs. To bring those things into our lives, we can use daily affirmations, which encourage our minds and souls to look toward the blessings of existence, and the opportunities of life. It is our hope that you will use the positive and energetic statements of truth on this website, including these affirmations, to unlock the power that is within your soul.