

POSITRUTH

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

I am overflowing with compassion. I see the needs that others have, and my heart is open to them. I feel what they feel, and want to help. I am aware of others.

The people around me are compassionate, with open hearts and minds. They see my needs and wants, and they desire to serve. They are aware of me.

I am surrounded by compassionate people, who are aware and sympathetic.

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.