

# POSITRUTH

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

*My heart and mind are flexible and open. I adapt quickly to every situation, and am comfortable with change. I am adaptable, and accept my efforts and the efforts of others.*

*Everyone I come in contact with is flexible. They know that working together means adjusting, and they are ready and willing to adjust to my needs and preferences. People are flexible.*

*I am surrounded by flexible hearts and minds, people who are receptive and versatile.*

## 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.