

GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND
MAGAZINE

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DAILY GUIDE

Daily Affirmations

January 2025 Affirmations by Rev. Kelly Robbins

<p>I see, know and feel my oneness with all.</p> <p>January 11, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>I am a powerful and positive force for making meaning in my life.</p> <p>January 12, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>
<p>I see and focus my attention on being my best self in the smallest of today's tasks, allowing the energy of God to work through me.</p> <p>January 9, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>I am a being of light and love. I love myself exactly as I am, first and foremost.</p> <p>January 10, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>
<p>My life is art. I honor and recognize myself as the creator.</p> <p>January 7, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>Today, I embody balance and peace, both within and without.</p> <p>January 8, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>
<p>I celebrate my life. I powerfully take ownership of the results in my life.</p> <p>January 5, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>I relax and let go, allowing Spirit to freely flow through me, in service as needed.</p> <p>January 6, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>
<p>Today, I take action to strengthen my trust in myself. With love and compassion, I keep my word with myself.</p> <p>January 3, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>Today, I choose to love myself unconditionally, exactly as I am.</p> <p>January 4, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>
<p>I am a powerful manifester, and I take time to nourish my soul.</p> <p>January 1, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>I lovingly and passionately embrace the quality of God expressed as more life.</p> <p>January 2, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>

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Each breath I take brings me courage, compassion and hope. I know nothing is impossible.

January 23, 2025 Daily Affirmation from Science of Mind Magazine
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I easily release all that is not mine.

January 24, 2025 Daily Affirmation from Science of Mind Magazine
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I am a source of reverence for all life.
I practice nonviolence within myself,
which naturally extends to others.

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Today, I use the power of pause to mindfully ground myself in the present moment.

January 22, 2025 Daily Affirmation from Science of Mind Magazine
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I breathe in the breath of life, filling my body and spirit with vital energy and love.

January 19, 2025 Daily Affirmation from Science of Mind Magazine
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I am surrounded by love everywhere I go.
I am love. I radiate love.

January 20, 2025 Daily Affirmation from Science of Mind Magazine
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Today, I choose to be curious. I allow what is unfolding without resistance to change.

January 17, 2025 Daily Affirmation from Science of Mind Magazine
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I joyfully embrace my spiritual practice, knowing progress happens every day.

January 18, 2025 Daily Affirmation from Science of Mind Magazine
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Just for today, right now, I accept what is. I let go of all control and know peace and acceptance.

January 15, 2025 Daily Affirmation from Science of Mind Magazine
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I delight in the sacred process of creation. I open and release, allowing creativity to flow.

January 16, 2025 Daily Affirmation from Science of Mind Magazine
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I am open and honest with myself. I choose to heal fully and wholly and recognize where I do not feel wholeness.

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I am one with love and all the amazing and powerful energies of the universe.

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<p>Today, my light shines brightly. I am love. I am light. I am unabashedly a powerhouse of God's creative force.</p> <p>January 30, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>I am open. I choose to see the truth in my struggles and turn my world right side up.</p> <p>January 31, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>
<p>Today, I approach all I do with a consciousness of loving life, knowing I am intimate with life's innermost secret.</p> <p>January 28, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>I reclaim my trust in myself. My words have power, and I use them wisely.</p> <p>January 29, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>
<p>I know and feel my oneness with the universe. I boldly face my darkness and heal.</p> <p>January 26, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	<p>I release any and all outside influences and focus solely on my connection with Spirit. Today, I know only God.</p> <p>January 27, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>
<p>I enjoy silent time with myself. I love myself and respect the sound of silence.</p> <p>January 25, 2025 Daily Affirmation from Science of Mind Magazine Subscribe at scienceofmind.com</p>	

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