

GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND
MAGAZINE

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DAILY GUIDE *Daily Affirmations*

August 2025 Affirmations by Rev. Dr. Michelle Medrano

I proudly and powerfully embrace who
I am and live from my authentic self.

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I tend to the fire of my soul as I stoke
the inner flame of my divine self.

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Today, I speak to and think of myself
with kindness and compassion.

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I recognize and embrace my inherent worthiness.

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I am the love that God is, and I let it move
through me, in me, as me.

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Releasing any burdens of lack of self-love,
I know that I am light.

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Living from my authentic self is my great joy and delight.

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I love myself just the way I am. I love myself.

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My heart is open to feel the divine love that God is
as me and to give that love to myself and all others.

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Today, I celebrate and acknowledge all I am good at.

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I am my own true love. Today, I generously extend love to myself.

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I embrace and live from a greater
confidence in myself today and every day.

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I love my evolutionary journey through
all my successes and all my errors.

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I see the good that I am and do, and I praise it.

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My intention to be my truest self is a daily intention
that rises up in me and as me as I live out my days.

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Whether I am alone or not, I am always
in the presence of the Divine.

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Loving myself allows me to be and feel in total
alignment with the Divine Life that flows through me.

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Being a good steward of the gift of me
is a high priority in my life today.

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I speak to myself from my authentic and
centered self with love and appreciation.

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The confidence in who I am goes before me
and makes the way joy filled and authentic.

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Today, I am the best version of myself
in every realm of my life.

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Seeing myself through the eyes and heart of
loving-kindness is a joyful experience.

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I am a bold and unique expression of
the Divine, and I am grateful to be me.

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I rise above the opinions of others and live fully as me.

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I embrace my true spiritual self-esteem and
stand in unconditional divine love.

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I choose to forgive myself while being
accountable for all of my actions and choices.

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I deserve to be loved and treated well.
I accept this as the truth of me now.

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I embrace the wounds the created a pathway into my heart.

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I am my best champion, speaking, thinking and
acting kindly to myself always and in all ways.

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I am intentional in my choices to be who
I am and live in alignment with who I am.

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Creative ideas about activating my self-love rise up
in my awareness today, and I joyfully act on them.

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