

Affirmations for Positivity, Empowerment, and Flow at Work

There are seven main areas at work which when they are in alignment with our principles and values we feel happier and more productive. They are Personal Effectiveness and Efficiency, Interpersonal Communication, Impact and Influence, Recognition and Appreciation, Growth and Challenge, Alignment and Culture, and Work-Life Balance. What we tell ourselves about these areas and what we believe to be true shape our thoughts, emotions and the resulting experiences we have at work.

While your current work situation might not be to your liking you can change your thoughts and shift your beliefs and create a more positive and productive environment for you to work in.

The positive affirmations that follow will help you in reshaping your thoughts and beliefs in each of these areas to create a more productive and peace-filled situation at work.

1. I set clear expectations and create a productive work environment filled with healthy boundaries and lots of respect.
2. I actively and openly listen to others when they speak. Listening in this way allows me to hear valuable information that fuels my creativity and builds strong supportive alliances.
3. My awareness of myself and of others allows me to bring a caring energy to work which nurtures a creative, safe, and productive environment.
4. Challenging work is one source of growth. I welcome the challenges my new projects bring and stretch myself to confidently meet these challenges.
5. I recognize myself for all I do. I show up and play full out every day. My effort and integrity are appreciated and rewarded.
6. I am in tune with my personal values and let them guide me in right decision making.
7. Work-life and personal-life go hand in hand. I create a healthy balance between the two and I feel peace and contentedness in both areas.

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8. I develop and consistently follow simple and effective systems to manage my time and workload. I am in control of my time and am free of anxiety.
9. When stressful situations arise I maintain my composure. I breathe deeply and tap into my inner wisdom. I think clearly and rationally and all unfolds for the good of all involved.
10. I anticipate potential outcomes and plan accordingly. In this way I reduce the stress of uncertainty for myself and for others.
11. I find innovative ways that spice up routine mundane work and increase effectiveness and efficiency. My improvements are recognized and rewarded.
12. I make progress and achieve wins every day. I give thanks for the strength, patience, and resilience that allow me to achieve. I recognize these wins each day and they foster my confidence and future successes.
13. I have a choice as to where I work. I choose organizations and roles that are in line with my principles and values. I stay true to my self.
14. I create and follow a schedule that allows me time for self-expression, for reflection, for family, and for focused, productive work. I feel balanced and calm.
15. I arrive at work with enough time to spare to center myself and set my intentions for the wonderful day that lies ahead.
16. My smile is contagious and my colleagues respond to me in a positive way.
17. I say what I mean. I do what I say. I honor my word.
18. I look to myself and find challenging projects at work and interesting hobbies at home that give me a sense of purpose and meaning.
19. My colleagues are assets and help make my job easier. I recognize them regularly not only for the big projects they complete, but for the little things they do every single day.

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20. In situations where I feel conflicted I check in with my values and decide what actions to take based on my values. I easily express concerns calmly and rationally and offer potential solutions that address them.
21. I create habits that allow me to separate work time from family time; I honor these systems and I experience balance and flow in all areas of my life.
22. I seek clarity and understanding about the tasks at hand. I easily prioritize and schedule the work I have. In this way I minimize the flare up of urgent situations and create an atmosphere of calm controlled productivity.
23. To respect my time and the time of others I arrive at meetings on time. I am focused and gain key information that helps me do my job more effectively.
24. I know my core values and those of my organization. I always act with integrity.
25. I approach difficult situations with an open mind. I am confident in my abilities to find satisfactory and simple solutions.
26. I bring positivity, creativity, and consistency to the work I do. Leadership recognizes my contributions. I am rewarded in meaningful ways.
27. My positive energy enhances my work environment, reducing stress and creating connection. My colleagues are always happy to see me.
28. As soon as I feel the pull of work start to tip the scales on my work-life equilibrium, I gently bring awareness to the situation, assess my options, and bring it back into alignment.
29. I happily request and objectively receive feedback on my work performance on a regular basis. These insights allow me to develop and grow personally and professionally.
30. I ask for and receive the things I need (supplies, support, information, etc.) to be more effective in my role. I am happy, creative, and empowered as I do my work.
31. I feel worthy and valued at work and I am compensated appropriately for the work I do.

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32. I quiet my mind and many possible options come to me. I always have a creative solution or idea.
33. Opportunities to share my accomplishments with leadership arise effortlessly and I take full advantage to humbly yet confidently express the value I bring to the organization. I am a respected member of a high performing team.
34. I appreciate the differences my coworkers bring. I am active in improving the culture of acceptance and inclusion.
35. I am aware of my needs and I live a life that is well within my means, creating flexibility, options, and freedom.
36. I easily find and implement small improvements in my work plan. This frees up time and brings my work life and home life into better balance.
37. I am comfortable at work. I ask thoughtful questions that bring clarity and allow me to make better choices, work in a more focused manner, and feel confident in the path I follow.
38. I show up with a solution-based mindset. I create positive vibes that are magnetic and contagious and which foster an environment of collaboration.
39. I celebrate my wins on a daily basis. I love the feeling of achievement and enjoy the journey as much as the success.
40. I create goodwill in all my interactions by assuming only positive intent. I am seen as a highly valued part of the team.
41. Organizational culture is fluid. I help build one that is friendly, creative and productive through my attention and awareness. I genuinely support others and work to remove barriers and injustices.
42. I am reliable and honor my word. I develop trusting relationships and set healthy boundaries at work and at home.

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43. I feel positive about my future prospects and I am energized by the work I do.
44. I show up fully. My positive attitude allows me to use my experience and skills in unique ways that support our mission. I feel energized at the end of the day knowing I've done my best.
45. I am a respected leader. My leadership style fosters trust and respect and makes extraordinary achievements possible.
46. I embrace the process of learning new things and move smoothly through the discomfort that learning new things can bring. I give myself permission to make missteps, along the way, as I build new skills.
47. I know my value and effectively communicate that to leadership. I am appropriately compensated financially and in other ways for the value I bring.
48. I know the environments in which I function best in and choose to work in environments that are in line with my principles and core values.
49. I approach life and my work with a sense of wonder and possibility. This positive outlook creates opportunity and flow in all areas of my life. Life is good.