Peace & Safety
Affirmations

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(1) I release the need to control what is beyond me and find serenity in what I can influence—my breath, my choices, and my mindset.

(2) Peace begins within me, and I create it moment by moment, breath by breath, regardless of what surrounds me.

(3) I allow myself to soften. I do not need to be tense or guarded to be safe —peace is my new protection.

(4) I no longer chase peace—I become it, by choosing thoughts and actions aligned with clarity, compassion, and truth.

(5) I give myself permission to step away from noise, chaos, and distraction, and I honor the stillness that heals me.

(6) Every time I exhale, I release stress and resistance. Every inhale draws in calm, clarity, and grounded presence.

(7) I forgive myself for the times I mistook survival for peace. Now, I choose to heal, not just to cope.

(8) I am safe to be still. I am safe to rest. I am safe to just be. Peace does not mean perfection—it means presence.

(9) I attract peaceful experiences, people, and places because I have made peace a priority within.

(10) Even when the world feels uncertain, I trust that I can return to myself, to my center, where peace always lives.