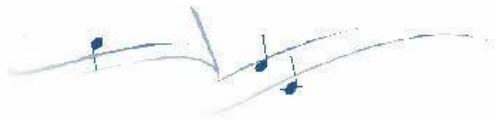


20 Affirmation Songs on Melodies You Already Know

(Plus some others just for fun!)

by

Becky Waters



List of Songs

I Am Grateful

Thank You, Thank You

I Am Happy

I Choose Peace

Money, Money Flows to Me

I'm Successful

I'm Successful Every Day

Perseverance

I Can Do This

This Is Easy

I'm Healthy, Fit and Trim

I Love to Exercise

Restful Sleeping

Huge Success

Thin and Healthy

Healthy, Wealthy, & Wise

Calm and Relaxed

Calm and Centered

Unshakable Confidence

New Clients (Customers)



Plus... Just for Fun Selections



Hello and thanks for downloading this Special Report! I hope you enjoy these Affirmation Songs as much as I enjoyed putting them together!

You may be new to the world of affirmations or you may be a seasoned user. Either way, allow me to share a few words about why I'm so excited about turning affirmations into songs....

Everyday at least 60,000 thoughts run through our minds – consciously and unconsciously. And if you're like most people, the majority of these thoughts are what I call, "negative mind chatter."

Affirmations are a powerful way to reprogram this self-defeating chatter into more positive, uplifting self-statements throughout the day. But if you combine these affirmations with music, the results can be even more powerful!

Singing the affirmation gets your whole body involved! You take more frequent and deeper breathes. Your body gets moving with the beat of the music. And your spirit soars because music touches the heart and moves us in ways that go beyond logic.

Even if you're convinced you can't sing, Affirmation Songs will work. Why? Because they're not meant to be "performed"! They're songs just for you for YOU to sing to yourself or out loud... while in the shower or sitting in traffic... while riding a bike or taking a stroll around the block. It's like whistling while you work!

But don't keep these all to yourself. Get your whole family involved! Share these songs with your children and turn mundane chores into happy occasions. Singing turns any activity – no matter how boring – into a fun, happy event!

Happy Singing!

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P.S. If you get stuck on any of these and can't figure out how to fit the words into the tune, give me a call and I'll sing it for you! 256-348-5236

P.P.S. Please check out my other [Affirmation Products and Services](#). When you gain control of your thoughts, you gain control over your life!



20 Affirmation Songs on Melodies You Already Know

♪ **I Am Grateful** – sung to the folk song *London Bridge*

I am grateful, yes I am,
Yes I am, yes I am,
I am grateful, yes I am
I'm so grateful.

♪ **Thank You, Thank You** – sung to the *Hallelujah Chorus* from the Handel's *Messiah*

Just replace the words, "hallelujah" with "thank you, thank you" and off you go with shouts of joy!

♪ **I am Happy** – sung to the folk song *London Bridge*

I am happy, yes I am
Yes I am, yes I am,
I am happy, yes I am
I am happy.

♪ **I Choose Peace** – sung to the nursery rhyme, *Three Blind Mice*

I choose peace, I choose peace,
I'm peaceful and calm, peaceful and calm,
Trusting the process of life today
I open to synchronicities
That guide my step and show me the way
As I choose peace, I choose peace.

♪ **Money, Money Flows to Me** – sung to the tune, *Mary Had a Little Lamb*

Money, money flows to me
Flows to me, flows to me
Money, money flow to me
Thank you very much!

♪ **Lots of Money Flows to Me** – sung to the tune, *Mary Had a Little Lamb*

Lots of money flows to me
Flows to me, flows to me,
Lots of money flows to me
Thank you very much!



♪ **I'm Successful** – sung to the tune, *London Bridge*

I'm successful, yes I am,
yes I am, yes I am,
I'm successful, yes I am
I am successful.

♪ **I'm Successful Every Day** – sung to the tune, *London Bridge*

I'm successful every day,
every day, every day,
I'm successful every day,
I am successful.

♪ **Perseverance** – sung to the French folk tune, *Frere Jacques*

Perseverance, perseverance
I am strong, I am strong
I can make it through this
And receive a blessing,
God loves me, God loves me.

♪ **I Can Do This** – sung to the tune, *London Bridge*

I can do this, yes I can,
Yes I can, yes I can,
I can do this, yes I can,
I can do this.

♪ **This Is Easy** – sung to the tune, *London Bridge*

This is easy, yes it is
Yes it is, yes it is,
This is easy, yes it is,
This is so easy.

♪ **I'm Healthy, Fit and Trim** – sung to the folk tune, *The Farmer in the Dell*

I'm healthy, fit and trim,
I'm healthy, fit and trim,
I love my body now,
I'm healthy, fit and trim.

♪ **I Love to Exercise** – sung to the tune, *The Farmer in the Dell*

I love to exercise,
I love to exercise,
I love my body and
I love to exercise.



♪ **Restful Sleeping** – sung to the hymn tune, *Jesus Loves Me*

Restful sleeping every night
Wrapped in safety, love and light,
Cares and worries fade away,
Refreshing me for each new day.

I sleep in peace,
safety, love and light,
I sleep in peace,
Refreshed for each new day.

♪ **Huge Success** – sung to the folk tune, *Shoo Fly Don't Bother Me*

My work is a huge success,
My work is a huge success,
My work is a huge success,
Thank you, thank you, life is good.

Variation 1: substitute your name for “my work”

Variation 2: substitute a project's name or “this meeting” etc for “my work”

♪ **Thin and healthy** – sung to the tune, *Shoo Fly Don't Bother Me*

I am thin and healthy now,
I am thin and healthy now,
I am thin and healthy now,
Thank you, thank you, life is good.

♪ **Healthy, Wealthy, & Wise** – sung to the tune, *Shoo Fly Don't Bother Me*

I am healthy, wealthy, and wise,
I am healthy, wealthy, and wise,
I am healthy, wealthy, and wise,
Thank you, thank you, life is good.

♪ **Calm and Relaxed** – sung to the folk tune, *Skip to my Lou*

I'm calm and relaxed,
I'm calm and relaxed,
I'm calm and relaxed,
I now breathe in peace.

Alternate last lines:

I let go of stress.
I am one with God.
I'm a child of God.



♪ **Calm and Centered** – sung to the folk tune, *Go Tell Aunt Rhodie*

I'm calm and centered,
I'm calm and centered now,
I'm calm and centered,
My body is relaxed.

For variation use one of the Alternate last lines from **Calm and Relaxed**

♪ **Unshakeable Confidence** – sung to the folk tune, *The Bear Went Over the Mountain*

My confidence is unshakable,
My confidence is unshakable,
My confidence is unshakable,
I create success.

♪ **New Clients (Customers)** – sung to **Moon River* by Johnny Mercer & Henry Mancini

New clients come to me today,
They come to me and say "let me pay you".

Variations:

Substitute customers for "clients"

Substitute a number in place of "new"

*Substitute these new words for the first two phrases of *Moon River*:
"*Moon River, wider than a mile; I'm crossin' you in style some day.*"



And Just for Fun, try these out....

♪ **Oh What a Beautiful Morning** (from the musical, Oklahoma!)

Oh, what a beautiful Morning
Oh, what a beautiful day,
I've got a beautiful feeling
Everything's going my way.

Music by Richard Rodgers, lyric by Oscar Hammerstein II
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Just think how your day would start if you woke up singing this Rogers and Hammerstein classic!

♪ **Hallelujah Chorus** from the Handel's Messiah

The word, "hallelujah" is an exclamation of joy and praise. In Hebrew, which it translates as "alleluia", it means "praise to God."

Just *try* to sing this with a frown on your face!

♪ **If You're Happy and You Know It** – traditional children's song

"If you're happy and you know it clap your hands...."

.... Snap your fingers... turn around.... do whatever! This is also a good song to snap you back to happy if you get bogged down in a less than happy life situation. You can also use the motions – i.e. clap, snap, turn around or whatever – as a physical reminder to change your attitude!