

21 key lessons and 97 affirmations from the  
Worry Begone Challenge

Good-Bye Worries.

Hello  
Peace  
and  
*Joy!*



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## THE 21-DAY WORRY BEGONE CHALLENGE

A recap of key messages and daily affirmations

Day One: I am willing to release my worry habit.

Day One Affirmations:

- I invite peace and happiness into my mind, into my heart, and into my life.
- I am willing to release all thoughts and ideas that no longer serve me.
- I am willing and ready to be happier.
- I am ready to be elevated by a positive outlook and an optimistic perspective.

Day Two: As I observe my thoughts, I choose to dwell only on those that serve me best.

Day Two Affirmations:

- I choose to only board thought trains that serve my highest good.
- Thoughts have energy and I choose to engage in thoughts that lift me up.
- I allow unhelpful thoughts to dissipate into the nothingness from whence they came.

Day Three: I use my imagination to focus on joy-filled possibilities.

Day Three Affirmations:

- It's easy to imagine that everything is working out for me, because I know it is!
- Joy is my birthright and I claim it now.
- I trust that all will play out in a way that lifts me up and increases joy in my life.
- As I release my worries, I find I experience more and more joy. It's exhilarating!
- My imagination creates my reality, so I always see myself living a happy life.

## Day Four: I am willing and ready to enjoy my life.

Day Four Affirmations:

- I dance to my own rhythm and sing my song and it feels wonderful.
- Every minute of every day I'm enjoying my life more, and more, and more.
- I am ready to accept and enjoy all the blessings that life has to offer and I receive them now.
- My intention is to enjoy my life and I gladly set aside anything that interferes with me experiencing that joy.
- I'm ready for peace and I accept it now.

## Day Five: I trust divine love to guide and protect me and my loved ones.

Day Five Affirmations:

- Divine guidance and protection is available to me at all times.
- I surrender my worries and stand solid in my faith that all is well.
- Every step I take, I take in faith that divine love is within me and surrounds me.
- I choose to wear a cloak of faith and discard the rags of worry.

## Day Six: I am strong and well able to handle whatever comes my way.

Day Six Affirmations:

- I am strong, determined, and resilient. I can handle whatever comes my way.
- What I used to consider difficult is now easy for me.
- Life is joyful. I find meaning and purpose in every situation I face.
- My challenges are my greatest teachers ... they help me grow stronger and wiser.

**Day Seven: Whenever I'm feeling stressed or anxious, I tap into the power of deep breathing to calm me.**

Day Seven Affirmations:

- I am grateful for every breath I take.
- As I slow down and breathe consciously, I enter a state of calm and soothing bliss.
- I allow slow, relaxed breathing to transport me to a place of serenity.
- I release tension and stress with every deep breath I take.

**Day Eight: Worries are just ugly stories I'm telling myself. I choose to tell myself more beautiful stories from now on.**

Day Eight Affirmations:

- I am confident that life is rigged in my favor.
- It doesn't matter which way the wind blows, I stand strong knowing I'm always okay.
- I see evidence that life is truly beautiful every single day.
- I am loveable, confident, beautiful, intelligent, and extremely blessed at all times.
- "I've got a beautiful feeling, everything's going my way!" (lyric from the song *Oh What a Beautiful Mornin'* from Oklahoma)

**Day Nine: There is always a way, even if I can't see it yet.**

Day Nine Affirmations:

- Great new ideas are always entering my mind. Perfect ideas arrive at the perfect time.
- I'm way more than a survivor, I thrive!
- Despite things sometimes appearing bleak, I know the truth: all is well. Divine love guides and protects me every single day.
- My life sometimes unfolds in unexpected ways, but I know I am always being led to my highest good.
- I stand in faith that the right way for me will always be revealed to me.

Day Ten: I trust in the ultimate goodness of life.

Day Ten Affirmations:

- Life is wonderful. I believe that with all my heart.
- I choose to stand in faith that my life is working out beautifully.
- I believe in the power of kindness, compassion, and love.
- I choose joy. I trust in joy.
- I choose peace. I trust in peace.

Day 11: When my mind starts to dwell on worries, I turn my attention to my blessings instead.

Day 11 Affirmations:

- As I focus on all I have to be grateful for, I find my life gets happier and happier and happier!
- I choose to live my life in a state of gratitude.
- I know that gratitude begets more to be grateful for.
- Counting my blessings is one of my favorite pastimes.

Day 12: Worrying is unproductive. I choose to direct my thoughts and energy in productive ways instead.

Day 12 Affirmations:

- When there's something I can do about a situation, I take action. When there is nothing I can do, I surrender it to God.
- I focus my thought energy in positive, productive ways.
- I choose to remain in a state of joy as I know this choice invites more joy into my life.
- The more energy I put into productive pursuits, the more energy I seem to have.
- The more positive I am, the more energy I seem to have.

## Day 13: I deserve to have peace in my life and so I choose peace now.

### Day 13 Affirmations:

- I now see the rough waters of my life calming down. I feel peace within me and see peace around me.
- It doesn't matter what others say or how they act: I choose to keep my peace.
- My peace is precious to me and I am grateful that I always have access to it.
- I choose peace now and always.
- As I embrace peace, I see the world around me becoming more and more peaceful.

## Day 14: How I view my life is how I'll experience my life. I choose to see my life as really great!

### Day 14 Affirmations:

- The truth is, my life is wonderful and every day I see more and more evidence of that truth.
- I am deeply grateful that I get to live such an awesome life.
- I'm delighted that even when I think my life is already great, something happens and it gets even better.
- My life expands in amazing ways every day.
- I choose to view my life through kind, compassionate, joyful, loving eyes.

## Day 15: A shift in perspective is all I need to replace my old worry mindset with a happier, more positive perspective.

### Day 15 Affirmations:

- A shift in perspective is all I need to move from worry to peace.
- I enjoy switching things up in my life ... as I seek new experiences and perspectives, an even more beautiful world unfolds for me.
- I see the world from a perspective of gladness and joy, and thus, I experience a world filled with gladness and joy.
- I release worry thoughts immediately and quickly embrace thoughts with the higher vibrations of joy, love, peace, and hope.

Day 16: Worrying is like tuning into a lousy radio station. I can tune into a better channel anytime I want.

Day 16 Affirmations:

- I tune into the sweetness of life and experience its splendor every day.
- As I tune into love, I experience love.
- As I tune into joy, I experience joy.
- As I tune into peace, I experience peace.
- I am uplifted by the positive thoughts I tune into and my life unfolds beautifully because of this choice.

Day 17: Instead of focusing on my own problems, I focus on helping others who have needs greater than my own. As I lift others up, I'm lifted up as well.

Day 17 Affirmations:

- My life gets better and better each time I do something to help others.
- Being able to bless others is one of the best blessings of my life.
- I'm infinitely grateful for each opportunity I have to bless others.
- My worries melt away when I reach out to help ease another's pain.
- Sharing my blessings is actually sharing my love. The more I share, the more I receive.

Day 18: It's safe to believe that everything is going to be okay.

Day 18 Affirmations:

- I'm divinely guarded and protected. I am safe.
- I choose to focus on positive outcomes in my life.
- I relax into living fully in the now, assured that all will unfold the way it is supposed to in the future.
- I believe my future is as bright as my present ... and I'm excited about both!
- I trust in the benevolent flow of life.

**Day 19: When something is within my control, I do what I can do deal with it. When it is out of my control, I accept that fact and move on.**

Day 19 Affirmations:

- I easily handle whatever is within my control and release the rest in peace.
- I am a person of action. I know that letting go is sometimes the best action to take, so I let go.
- I release the desire to control things that are out of my control.
- I am at peace with the fact that some things are beyond my control.
- As I release the urge to carry the weight of the world on my shoulders, I feel immediately lighter and happier!

**Day 20: I embrace who I am and I always believe in myself.**

Day 20 Affirmations:

- I believe in me. It's nice if others do, too, but it's not necessary.
- I feel free and safe expressing my true self.
- I'm loveable, loving, and downright awesome.
- The world is a better place because I'm here to share gifts only I can share.
- My life is so good and getting better all the time. It's great to be me.

**Day 21: Joy is now my daily habit.**

Day 21 Affirmations:

- I deserve all the joy and peace that life offers and I gratefully accept it now.
- I keep my mind focused on how I intend to live my life: in love, peace, gratitude, and joy.
- I am a happy person.
- I only grant power to thoughts that raise my life higher.
- My life is wonderful. I am so happy and so grateful!

# Good-Bye Worries. Hello Peace and *Joy!*

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## Take the Worry Begone Participant Survey

If you haven't already done so, please take a few moments to provide your feedback about the challenge by taking the program's survey at: <https://www.surveymonkey.com/s/5ZFMNT2>

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If you're ready for a more personalized approach to addressing your life challenges, it might be time to get some coaching from a certified professional.

At Believe and Create, we recommend Anna Goldstein, NYU-Certified Life Coach. Anna has helped hundreds of individuals eliminate obstacles, gain clarity, set goals, and make positive life changes.

If you feel stuck, confused, or unhappy, Anna can provide you with tools to take action, hold you accountable, and help you achieve incredible results.



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