

# Affirmations for May

**“Calm wisdom lives within me, and I listen closely to the quiet insights that guide my choices.”**

**“I stand in my strength with courage, taking brave steps even when the path is new.”**

**“I release what no longer serves my highest good, making space for renewal, healing, and fresh beginnings.”**

**“My emotions flow in balance, and I respond to life with kindness, patience, and grace.”**

**“My intuition speaks with clarity, and I trust the messages that rise from within.”**

**“I am grounded and steady, rooted in the strength of the earth and supported in all that I do.”**