

Affirmations for Workaholics

1. The slower I go, the faster I grow.
2. The more I play, the more my Higher Power works.
3. I have time to spare and time to share. Time is my friend.
4. When I take time, I make time. I refuse to rush.
5. My life is full yet under-scheduled.
6. I am more effective when I am more selective.
7. Because my overdoing is my undoing, my top priority is my being.
8. Before I do anything, I first do nothing.
9. I do everything easily and effortlessly.
10. I am a human being, not a human doing. I seek to enjoy rather than endure.
11. The less I struggle, the more open I am to inspiration.
12. My Higher Power wants me to realize my vision of joyful work and a balanced life—and gives me whatever I need to achieve it at the right time.
13. I draw to myself everything I need for a joyful, balanced life.
14. I am entitled to my right work. I deserve the enjoyment, recognition, and health that it brings.
15. I live by divine appointment—with broad margins.
16. I receive full assistance and cooperation from all persons necessary for realizing my goals. I attract only loving people.
17. Doing my right work strengthens all my relationships and brings me closer to those I love.
18. I am safe when I choose to take risks.
19. I am still in the midst of activity, and I am vibrantly alive in repose. I take emergencies leisurely.
20. Even when offered something great, I say no if I need rest. Rest is the best thing I can give myself.
21. My body is my friend and my temple. I bless and thank it daily, obeying its signals.
22. Emotions are information. I honor their important messages.

23. I love myself no matter what. I am perfect just the way I am. I am enough. I have enough. I do enough.
24. I do not try to grow. I accept myself as I am, and I grow automatically.
25. People bring me important messages when I listen mindfully.
26. My highs come from my Higher Power.
27. I work to live rather than live to work.
28. There is no place I have to go and nothing I have to do.
29. I cannot help anyone if I cannot help myself.
30. I expect and welcome surprises.

(Workaholics Anonymous Book of Recovery, 2nd ed., 2015, pp. 214-215)