

# New Life Program

## Acceptance Statements



- 1. I have a life-threatening problem that once had me.**  
*I now take charge of my life and my well-being. I accept the responsibility.*
- 2. Negative thoughts destroy only myself.**  
*My first conscious sober act is to reduce negativity in my life.*
- 3. Happiness is a habit I am developing.**  
*Happiness is created, not waited for.*
- 4. Problems bother me only to the degree I permit.**  
*I now better understand my problems. I do not permit problems to overwhelm me.*
- 5. I am what I think.**  
*I am a capable, competent, caring, compassionate woman.*
- 6. Life can be ordinary or it can be great.**  
*Greatness is mine by a conscious effort.*
- 7. Love can change the course of my world.**  
*Caring is all-important.*
- 8. The fundamental object of life is emotional and spiritual growth.**  
*Daily I put my life into a proper order, knowing which are the priorities.*
- 9. The past is gone forever.**  
*No longer am I victimized by the past. I am a new woman.*
- 10. All love given returns.**  
*I am learning to know that I am loved.*
- 11. Enthusiasm is my daily exercise.**  
*I treasure the moments of my New Life.*
- 12. I am a competent woman, and I have much to give life.**  
*This is what I am, and I shall know it always.*
- 13. I am responsible for myself and for my actions.**  
*I am in charge of my mind, my thoughts, and my life.*