

POSITIVE AFFIRMATIONS

AFFIRMATIONS:

Definition: 'Emotional support or encouragement' or 'Affirming a truth'

CONFIDENCE AFFIRMATIONS:

- I'm confident in myself and my abilities
- My confidence in myself grows more and more every day
- My confidence is constantly increasing
- I love myself
- I believe in myself and my abilities
- I have the power to accomplish everything I need to do today
- I'm radiant with confidence, certainty and optimism
- I exude confidence
- I am confident

SELF-LOVE AFFIRMATIONS:

- I am grateful that I am me.
- I believe in myself.
- I am strong and capable.
- I am worthy of love, capable of receiving love and giving love freely.
- I am passionate. I am outrageously enthusiastic and inspire others.
- I believe in my abilities and express my true self with ease.
- I am unique, special, and remarkable.
- I love myself deeply, unconditionally, completely, and fully.
- My power is unlimited.
- My thoughts and opinions are valuable.

HOW DO AFFIRMATIONS WORK?

Affirmations help to replace negative thoughts with positive ones. They harness the mind's power by directing your thoughts toward your best self and to focus on your best qualities.

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