



These affirmations are some that I use often

when I have bouts of negative thinking.

1. Confidence is my natural state of being.
2. I easily stay persistent and push through the setbacks
3. I am confident in every situation
4. My confidence is soaring
5. I build healthy emotions
6. I feel great about who I am
7. I find the courage to go after my dreams
8. I am courageous
9. I am unique
10. I am free
11. I express myself honestly
12. Others see me as a highly capable person
13. I always express my thoughts and opinions with confidence
14. I have the power to change
15. Confidence oozes out of me in every situation
16. I trust myself with everything
17. My mindset is that of a positive and happy person
18. I can stand up to anything
19. I am naturally confident
20. I forgive the past
21. I forgive those who hurt me
22. I forgive myself
23. I believe in me
24. My body is healthy and my mind is brilliant
25. My ability to conquer my challenges is unlimited
26. Gaining strength from difficulties comes naturally
27. I am able to handle whatever life brings my way
28. I take action now
29. I am fortunate
30. I thrive on self confidence
31. My possibilities are endless
32. Confidence is my second nature
33. Nothing is impossible for me and my life is great
34. Creative energy surges through me leading me to new ideas
35. I make my own decisions
36. My natural personality shines
37. People look to me for confident leadership when things get rough
38. I deserve to be happy and successful
39. I always succeed in spite of setbacks
40. I have high self esteem
41. I boldly go after what I want in life

42. I face difficult situations with courage and conviction
43. Developing assertiveness will improve my life
44. I am not bound by the past
45. I create a new future
46. I easily overcome failure and setbacks
47. I make room in my life for victory
48. I am strong against negative life's circumstances
49. I possess strength and clarity
50. I value my own beliefs and opinions
51. I am assertive
52. I am enough
53. Being positive and motivated is my normal state of being
54. I repel negative thoughts
55. Things just go my way
56. I never settle for anything but the best
57. I always do the things I love
58. What others think about me is irrelevant
59. I am unaffected by negative attitudes around me
60. I am talented at many things
61. I see the world for what it is
62. I think for myself
63. I am as important as anyone else
64. People are attracted to my positive and inviting energy
65. Confidence empowers me to take action and live to the fullest
66. I have full faith in myself
67. I can face anything that confronts me
68. I grow in strength in every forward step I take
69. My mind is completely focused on success
70. I find it easy to make decisions on my own terms
71. I keep pushing until I succeed
72. When new opportunities come my way I take action
73. I am confident
74. I am what I believe I am
75. I love change and adjust to new situations
76. I am free from worry about what others may think I am good enough for anyone
77. Confidence
78. I let go of negative thoughts and feelings of myself
79. I forgive myself
80. I forgive others
81. Other look to me as a leader
82. I am fit healthy and attractive
83. I am an amazing person
84. I am expanding growing
85. I think positively at all times
86. I add value to all situations

87. I 543q5 myw3lr 3ih5 lof 3 qne kinen3ww
88. I qm q 2winner
89. I possess the qualities needed to be successful
90. My happiness come from within
91. Excepting myself comes naturally
92. I deserve to be paid for my time efforts and ideas
93. I am perisistene in whatever I do and reliant
94. Confidence assured and stron is part of my everyday life
95. I am free to live as I wish and give my desires priority
96. I speak mymind without feel of rejection
97. I banish all fears and doubts
98. I am beautiful
99. I use my gifts to inspire myself and others
100. Being assertive is my natural right
101. I am flexible and open to change in every aspect of my life
102. I have something special to offer the world
103. I enjoy being confident and outgoing in social situations
104. I am slender strong and smart
105. I can choose happiness no matter what my circumstances
106. I am happy with who I am
107. I am overflowing with joy
108. I always stay positive in intimidating social situations
109. Self-belief comes easily to me always find a way to succeed
110. it is enough to have done my very best
111. I deserve to live fully and completely
112. Being carefree come easily to me
113. I face life head on
114. I find it easy to go after what I want
115. I am immune to jealousy and envy
116. I always attract the best people and circumstances
117. I believe in myself completely
118. I stay persistent in the face of failure
119. I trust in myself
120. I am socially confident
121. I love who I have become
122. I can overcome any situation
123. I feel good about me
124. I am fearless
125. I am free to be myself
126. My opportunities are unlimited
127. I determine my destiny
128. I love myself
129. I am free from the fear of rejection
130. I am prepared for life
131. my thoughts are filled with positivity and my life is abundant.

132. I express my feelings and emotions freely
133. Liking and loving myself is easy
134. I tell others who I feel
135. I always stand up for myself and what I believe
136. I take risk even when I feel fear
137. I am a positive thinker and only think about the best possible outcome
138. I live in the present and think about the future
139. I meet all challenges confidently
140. People see me as someone courageous
141. My potential to succeed is infinite
142. I impress others with my confidence and assertiveness
143. My ideal projection of what I envision now
144. I am worthy of great love
145. I approve of myself
146. Achieving success is normal for me
147. I abandon my old habits and take up new positive ones.
148. I am always strong
149. I know I will succeed
150. I put full trust in my inner guidance
151. I have the mindset of a positive and happy person
152. I am a powerhouse and I am indestructible
153. I have many amazing talents
154. I live life without concern of what others think
155. I am liberated from my fear of failure
156. I am always honest with myself
157. I know that I can master anything
158. I am bold and outgoing
159. I always find a way to succeed
160. I am an incredible person
161. Feeling confident is the most natural thing in the world
162. I am capable of achieving my goals
163. I forgive those who have harmed me and peacefully walk away
164. I can make my own decisions
165. My thoughts and opinions are valuable
166. I stand up for myself
167. I have an unbreakable confident spirit
168. Others like and respect me
169. Speaking my mind with confidence is something I naturally do
170. I banish all doubts from my mind immediately
171. I have the strength to make my dreams come true
172. I set boundaries and tell others what I want
173. I can accomplish anything I set myself to
174. I bring value to the world
175. Developing confidence improves my life
176. I like myself better each day

177. I can set firm boundaries
178. I love challenges they bring out the best in my
179. I stand up for myself
180. I respect myself deeply
181. I do not cower
182. I am smart and capable
183. I can confidently take control of any situation
184. My inner vision is always clear and focused
185. I can do anything
186. I can easily resolve any problem I face my opinions are important
187. Others respect my assertiveness
188. I am well liked by everyone
189. I am a high achiever
190. Being free from what others think of me makes my life great
191. I simply love who I am. Staying positive and learning from failure helps learn
192. I always take action without hesitation or fear.
193. I achieve massive success.
194. It is normal for me to feel proud of myself
195. I am proud of myself for even daring to try.
196. I find it easy to pursue my goals with confidence am equal to my peers
197. I am always positive
198. I focus on thoughts that make me feel confident
199. I am great at talking to new people
200. I grow more in love with life each day.