

# AFFIRMATIONS FOR FACING ADVERSITY

I MAY STUMBLE, BUT I NEVER STAY ON THE GROUND.

I MAY MAKE MISTAKES, BUT I DON'T QUIT.

ALL EXPERIENCES I ENCOUNTER SHAPE ME TO BE THE HIGHEST  
VERSION OF MYSELF.

I AM ABLE TO FIND LESSONS IN MY LOSSES.

I AM GRATEFUL FOR ADVERSITY BECAUSE IT ALLOWS ME TO  
GROW.

THERE IS A BENEFIT AND AN OPPORTUNITY IN EVERY  
EXPERIENCE I HAVE.

MY STRENGTH IS GREATER THAN ANY STRUGGLE.

I USE FAILURE AS A STEPPING TO SUCCESS.

EVEN WHEN SOMETHING DOESN'T HAPPEN HOW I WANTED, I  
KNOW I'M ON THE RIGHT PATH.

I CHOOSE TO FIND HOPEFUL AND OPTIMISTIC WAYS TO LOOK AT  
OBSTACLES AND ROADBLOCKS.

ALL OF MY PROBLEMS HAVE SOLUTIONS.

I RISE IN THE FACE OF ADVERSITY.

I AM RESILIENT.