

AFFIRMATIONS FOR *Confidence*

- I am competent, capable, and strong.
- I am equipped with all the tools I need to succeed.
- I achieve my goals. I overcome my challenges. I live with passion.
- I release the storylines holding me back. I can do *anything*.
- Every day, I become more confident, compassionate, and courageous.
- I am worthy of being chosen.
- I am *fearless* in the pursuit of what sets my soul on fire.
- I am capable of surpassing all my expectations and achieving everything I set my mind to (*and more*).
- I wake up today feeling confident, strong, and empowered.
- I've come this far, and I want to see what happens when I don't give up.
- I am the only one who can determine my self-worth.
- I am ready, willing, and able to have everything I want.
- The world needs my light. I am unafraid to shine.
- I am capable, strong, worthy, and always enough.
- I can achieve whatever I set my mind to.
- I can and I will.

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AFFIRMATIONS FOR *Self-Love*

- I fully love and embrace who I am now, even as I continue to grow.
- I am proud of who I am.
- I release anything that doesn't support my highest good.
- I am fully and unconditionally loved for being exactly the person I am right now.
- I am open to rediscovering myself for who I am now, not who I was.
- I stay true to my authentic self. I will *never* abandon myself.
- I am *always* deserving of love.
- I honor my heart. I honor my energy. I honor who I am.
- The world needs more of me, not less.
- My love for myself is bold, fierce, and unconditional.
- I am far stronger than I realize.
- I choose authenticity over perfection.
- I am a caring, compassionate, loving human being, and I am doing the best I can. *And that is enough.*

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AFFIRMATIONS FOR *Saying No*

- I am allowed to say no to things that do not serve my highest good.
- I am allowed to say no to anything that doesn't support my ultimate wellbeing.
- I am allowed to say no, and I don't have to give a reason.
- When I say no to anything that doesn't support my wellbeing, I'm saying yes to myself.
- I give myself permission to do what is right for me.
- Saying no does not make me a bad person.
- The people who love me want me to be happy, and they will support me no matter my decision.
- No is not a four-letter word.
- My no deserves respect, whether or not I give a reason.

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AFFIRMATIONS FOR *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.

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AFFIRMATIONS FOR *a Joyful Life*

- I hold the key to my own happiness.
- I embrace the miracles, magic, and adventures of today.
- Regardless of my external circumstances, I choose to cultivate happiness within.
- Today, I allow myself to live in the moment and release any worries about the past or future.
- I am creating the life of my dreams.
- I am at peace with my past. I am in love with my present.
- I stand in the joy that I cultivate from within.
- I allow myself to dream big, knowing I am always worthy.
- I deserve infinite joy. Infinite joy is my birthright.
- I deserve to live a joyful, vibrant, passionate life.
- I vibrate positive, loving, abundant energy, and I attract this same energy in return.
- Life is beautiful. I have time. There is no rush.
- Happiness is my birthright. I choose to be happy. I deserve to be happy.

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AFFIRMATIONS FOR *Faith & Trust*

- Love, courage, and faith are my superpowers, and they will carry me as far as I want to go.
- I trust that everything I need comes to me at exactly the right place and time.
- Everything is unfolding for me in perfect timing. I release worry and choose to trust.
- I am trusting. What's meant for me is already mine. I am exactly where I'm meant to be.
- All that I seek I can find within me.
- I know these dreams were put in my heart for a reason. I trust my path.
- I trust my inner knowing in the face of uncertainty.
- I choose faith over fear and peace over perfection.
- I trust and believe that everything is always working out for my highest good.

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AFFIRMATIONS FOR *Body & Health*

- I am grateful for this body and all that it is capable of.
- No matter what, my body is always worthy of love and respect.
- My body is my home, and I promise to always build it up and never tear it down.
- My body is a gift.
- I honor my body by trusting the signals that it sends me.
- I love the strong, powerful, divine human staring back at me in the mirror.
- I am radiant when I smile.
- I am strong in mind, body, and spirit.
- I feel safe in my body.
- I make healthy choices for my body that are rooted in love.
- I am allowed to take up space.
- I am open to loving my body and seeing all of its beauty.
- I am radiant. I am stunning. I am beautiful.

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AFFIRMATIONS FOR *Relationships*

- I am worthy of beautiful friendships and lasting relationships.
- I am surrounded by people who love me just as I am.
- I find love everywhere I look.
- My presence is delightful to others.
- I am loved for all my flaws and imperfections.
- I deserve a partner who loves, honors, and respects me.
- No matter what, I always deserve to be treated with dignity and respect.
- I am worthy of being cherished, treasured, and adored.
- I am worthy of true and lasting love.
- Unconditional love is my birthright.
- I seek connection, not validation, from others.
- I am free to be my true and authentic self in all my relationships.
- My friendships are fun, joyful, and rooted in pure, unconditional love.
- Love is my birthright, and I will not settle for less than I deserve.

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