

AFFIRMATIONS

Affirmation is a statement of confirmation to help you build self-confidence and self-esteem. Repetitively repeating affirmations can help reframe how your thoughts and feelings about yourself.

You are advised to repeat affirmations as often as you can throughout the day, every day. Eventually, over a short period, you will notice your mood shifting and becoming more positive. You will notice your thoughts and feelings about yourself. Then, you will come to believe in the affirmation. You will need positive intention as you say the affirmations. For example, you intend to believe the affirmation and say this to yourself. And then you say the affirmation statements several times in one go.

To help you remember, consider setting the alarm throughout the day with an affirmation statement of your choice. When the alarm goes off, you can just set a positive intention and read the statement mindfully. Here are some of the helpful affirmations to help you increase your confidence and self-esteem.

- I am at peace with myself.
- I am a valuable human being.
- I appreciate who I am.
- I value myself as a person.
- My future is bright.
- I deserve to relax.
- I deserve to be happy.
- I embrace my happiness.
- I enjoy the present moment.
- I look fondly upon memories of my past.
- My future is positive.
- I have the power to do the most incredible things
- I'm confident in myself and my abilities
- I always make the best decision for myself
- I am in charge of my life
- My confidence in myself grows more and more every day
- My confidence is constantly increasing
- I'm a magnet for success
- I can achieve anything I put my mind to
- I love myself
- I believe in myself and my abilities
- I have the power to accomplish everything I need to do today
- I know I'm making a difference
- I'm constantly inspiring people around me
- I'm proud of myself and my achievements
- I wake up each morning feeling confident and empowered
- Confidence is my birthright
- I'm successful in everything I do
- I attract success by being my authentic self
- Every day in every way, I'm becoming more confident
- All of my thoughts, plans and ideas lead me straight to success
- I'm radiant with confidence, certainty and optimism
- I exude confidence
- I'm confident in the decisions I make