

POSITIVE AFFIRMATIONS EXAMPLES

1. I will ask for help if I need it.
2. I feel lucky to have the opportunities that I do.
3. I'm becoming better with each day.
4. I love myself unconditionally.
5. I am not lost, I'm still creating myself.
6. When there is a bump in the road, I keep going.
7. Though times may be difficult, they will get better.
8. I haven't even seen what I am capable of yet.
9. I will do today what I will appreciate tomorrow.
10. Stop, and breathe. I can do this.
11. Keep calm and carry on.
12. I have done this before, and I can do it again.
13. I am enough.
14. I get better every day in every way.
15. I can do whatever I focus my mind on.
16. I'm safe and sound; all is well.
17. I surround myself with people who treat me well.
18. I am perfect and complete just the way I am.
19. I control my emotions; they don't control me.
20. I fill my day with hope and face it with joy.
21. I choose to fully participate in this existence.
22. I am an amazing person.
23. Today I am a leader.
24. My challenges help me grow.
25. Today is going to be a great day.
26. I have courage and confidence.
27. I can control my own happiness.
28. I have people who love and respect me.
29. I stand up for what I believe in.
30. I believe in my goals and dreams.
31. Today I choose to think positive.
32. I can do anything I put my mind to.
33. I am capable of so much.
34. Everything will be OK.
35. I deserve to be loved.
36. I can make a difference.
37. Today I choose to be confident.
38. Good things are going to come to me.
39. I matter.
40. My positive thoughts create positive feelings.
41. I only compare myself to myself.
42. It is enough to do my best.
43. Today is going to be an awesome day.
44. I have people who care about me and will help me if I need it.
45. I begin my day by affirming the positive and end my day with gratitude.
46. The future is good, and I look forward to it with hope and happiness.
47. I am not trying to fit in, because I was born to stand out.
48. I matter, and what I have to offer this world also matters.
49. I have the power to make my dreams come true.
50. I see the beauty in stopping to appreciate my blessings.