



30 POSITIVE SELF-AFFIRMATIONS

1. I am confident.
2. I am successful.
3. I am powerful.
4. I am strong.
5. I am always getting better with every passing day.
6. All I need is already within me.
7. I am a positive influence on the people around me.
8. I leave an inspiring impact on all that I do.
9. I am rising above the thoughts that are trying to make me angry or afraid.
10. Today is a phenomenal day.
11. I am blocking out the negativity in my life and embracing positivity.
12. I am the definition of focus.
13. I am not defined by my problems, I am shaped by my dreams.
14. I am grateful for everything I have in my life.
15. I am independent and self-sufficient.
16. I can be anything I want to be.
17. I am not defined by my past, I am driven by my future.
18. I am not hampered by my obstacles; I use them to learn and grow.
19. Today will be a productive day.
20. I am intelligent and resourceful.
21. I am ever more grateful every day.
22. I am closer to achieving my goals every day.
23. I am letting go of my fears and doubts.
24. I love myself for who I am.
25. I am beautiful and loved.
26. I have endured hardship before. I can make it through anything that comes my way.
27. No part of my life has been a waste.
28. I have made mistakes, but I will not let them define me.
29. I have done the best I possibly can today, and I am grateful for that.
30. Happiness is a choice, and I choose to be happy.