

Daily Affirmations



Positive self-talk is a GAME CHANGER. Review the list, and pick 3-5 phrases that you can use to reframe your mental view.

1. There is no one better to be than myself
2. I AM enough
3. All of my problems have solutions
4. Today I am a leader
5. I forgive myself for my mistakes
6. My challenges help me to grow
7. Today is going to be a great day
8. I have courage and confidence
9. I can control my own happiness
10. I have people who love and respect me
11. I stand up for what I believe in
12. I believe in my goals and dreams
13. It's okay not to know everything
14. I can do better next time
15. I am capable of so much
16. I believe in myself
17. I deserve to be happy
18. I am free to make my own choices
19. I have the power to make my dreams come true
20. Good things are going to come to me
21. My confidence grows when I step out of my comfort zone
22. I am open and ready to learn
23. Every day is a fresh start
24. I only compare myself to myself
25. It is enough to do my best
26. I am making the right choices
27. Today is going to be my day
28. I have inner beauty
29. I have inner strength
30. No matter how hard it is, I can do it
31. Anything is possible
32. Wonderful things are going to happen to me
33. I can take deep breaths
34. I am original
35. I deserve all good things
36. I am thankful for today
37. I'm going to push through
38. I'm going to take a chance
39. I'm prepared to succeed
40. I am beautiful inside and out
41. My voice matters
42. I am building my future
43. My happiness is up to me
44. I am becoming a better version of myself
45. Today I will spread positivity

