

AFFIRMATION EXERCISES

Examples of Affirmations

I am...

- I am strong.
- I am grateful for what I can do.
- I am on the right path for me.
- I am thankful for the love in my life.
- I am safe.
- I am relaxed and at peace.
- I am strong in my mind, body, and spirit.
- I am powerful.
- I am resilient in the face of challenges.
- I am confident.

I can...

- I can make a real difference.
- I can accomplish my goals.
- I can reach out when needed.
- I can make it.
- I can be who I am.

I have....

- I have the power to make the right choices for myself.
- I have faith in my abilities.
- I have a good heart.
- I have good intentions.

I deserve...

- I deserve love and happiness.
- I deserve patience.
- I deserve respect.
- I deserve a second chance.
- I deserve time for myself.

I am learning...

- I am learning to be kind to myself.
- I am learning new things everyday.
- I am learning to express my feelings.

I have the power to...

- I have the power to change my life.
- I have the power to keep going.

It is okay...

- It is okay to be myself
- It's ok for me to have fun.
- It is okay for me to go slow, and rest.
- It is okay to make mistakes.
- It is okay to have moments of weakness
- It is okay to fail.
- It is okay to feel sorry for myself.
- It is okay to be sad. It is okay to cry.

Misc

- I will take action and accomplish my goals.
- I will find the good in all things.
- I trust myself.
- I love myself.
- Life is beautiful.
- I believe in myself.
- My possibilities are endless.
- My life is a gift.
- I care for myself.
- Healthy food fuels my body.
- I give myself room to grow.
- I choose myself.
- I do my best, and my best is enough.
- I give myself permission to take up space.
- I allow myself to make mistakes as they help me grow.
- Self care is not selfish.
- My goals are achievable.
- My hard work will pay off.