

AFFIRMATIONS



DAY AFFIRMATION

1. I have another chance at change.
2. I am more than what has happened to me.
3. My journey is worthwhile.
4. I am worthy of love.
5. I have many positive qualities.
6. I will not give up.
7. I am brave.
8. I can handle what has happened.
9. I am deserving of forgiveness.
10. I am talented.
11. I appreciate what I have.
12. I will persevere.
13. I can overcome my fear.
14. I am worthy of acceptance.
15. I can remain calm in times of turmoil.
16. I can learn something positive in every situation.
17. I can make it through this pain.
18. I decide how to spend my time.
19. My situation will work out for me.
20. I will do my best.
21. I will become stronger because of this struggle.
22. I have much to offer.
23. I am cared for.
24. I can see the opportunities in front of me.
25. I just need to take one more step toward my goal.
26. The world needs me.
27. The tougher the challenge the stronger I become.
28. While I am striving for self-improvement, I am sufficient.
29. I have a purpose.
30. I will reach my goals.