

UPLIFTING AFFIRMATIONS

Empowering Yourself With Positive Beliefs About Yourself, Others, & The World

Affirmations are positive reminders that you are safe, capable, and worthy. You can use affirmations as tone-setters in the morning, as reminders throughout hard days, or at night to end your day on an uplifting note. There isn't one correct way to use affirmations. Tailor them to your preference.

I am the expert of my own life, and I can trust myself to make good decisions.

I base my happiness on my blessings, my accomplishments, and my loved ones.

I can do hard things, even if my inner critic tells me otherwise.

I am appreciative of the many things my body does for me.

Times may be difficult, but I know they are only temporary.

My feelings are valid and are deserving of expression.

I harness my own strength, clarity, and peace.

I have many beautiful qualities both inside and out.

My dreams are worthy, and I have the ability to make them come true.

I am indestructible and courageous.

I am ultimately safe at the moment in time.

I stand up for myself and express my needs.

My life is full of abundant blessings and loving people.

I am worthy and deserve to take up space.

I am capable and worthy of being successful.

I am at peace with the person I am and the path I'm on.

I allow myself to be me freely, without judgment.

I can take care of myself without feeling selfish.

I am good enough in all areas, and I have the right to define myself as such.

I radiate confidence and deserve respect from others around me.

UPLIFTING AFFIRMATIONS

Empowering Yourself With Positive Beliefs About Yourself, Others, & The World

Think of your own affirmations that you can tailor to your particular life or current situation. Think about reminders you think would be helpful to have throughout your days. Do you need more feelings of capability, or safety? What about affirmations about your body or what you deserve in your relationships? Brainstorm affirmations of *what you need most*, and be sure to write them down.

