



Positive Affirmations

Positive Affirmations are short positive statements targeted at a specific set of negative beliefs. They are proven methods of self-improvement because of their ability to rewire our brains.

Using positive affirmations can help keep focus on inner goals and boost mood.

47 Positive Affirmations to tell yourself every day

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage & confidence.
13. I can control my own happiness.
14. I love people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I am free to make my own choices.
27. I deserve to be loved.
28. I can make a difference.
29. Today I choose to be confident.
30. I am in charge of my life.
31. I have the power to make my dreams come true.
32. I believe in myself and my abilities.
33. Good things are going to come to me.
34. I matter.
35. My confidence grows when I step outside of my comfort zone.
36. My positive thoughts create positive feelings.
37. Today I will walk through my fears.
38. I am open and ready to learn.
39. Every day is a fresh start.
40. If I fall, I will get back up again.
41. I am whole.
42. I only compare myself to myself.
43. I can do anything.
44. It is enough to do my best.
45. I can be anything I want to be.
46. I accept who I am.
47. Today is going to be an awesome day!

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OR TEXT

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