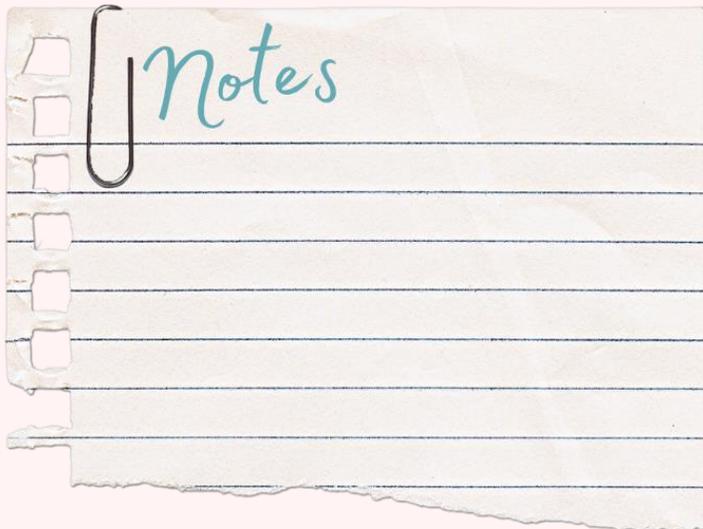
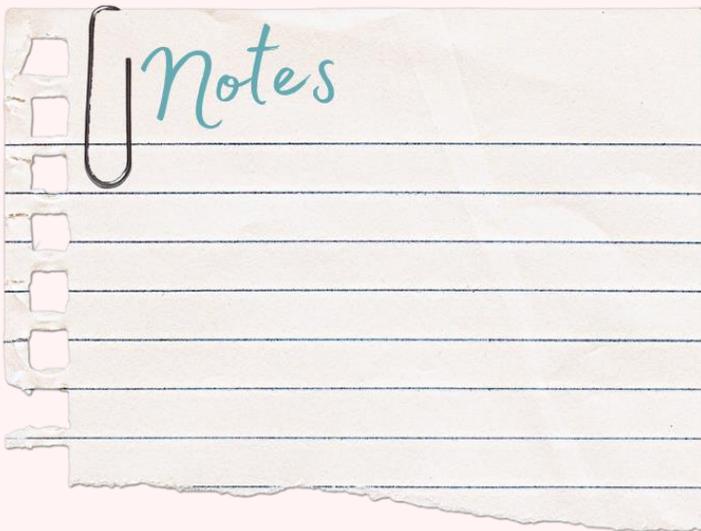


52
Confidence
Affirmations

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1. I will consciously live the best version of me.
2. I am worthy of love and happiness.
3. I am open to loving others deeply.
4. My choices are my own decisions.
5. I choose to give priority to how I want to live.
6. I am ready for success.
7. I am strong and able to accomplish anything I want.
8. I am making my life better every day.



9. I have what it takes to make my dreams a reality.
10. I choose joy in my life.
11. I am worthy of overflowing success.
12. I easily pursue my goals with confidence.
13. I have the ability to manage my life.
14. I am unique and special just as I am.
15. I celebrate my small wins every day.



16. My thoughts and opinions matter.

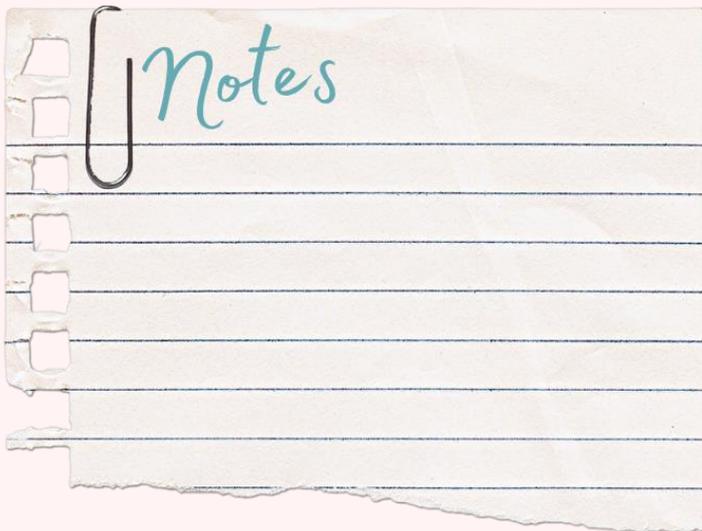
17. I am on the path to my perfect future.

18. I am only limited by my own imagination.

19. I am confident with my life plan and the way things are going.

20. I am open to everything I deserve.

21. I am not afraid of failure. Disappointment is an opportunity to grow.





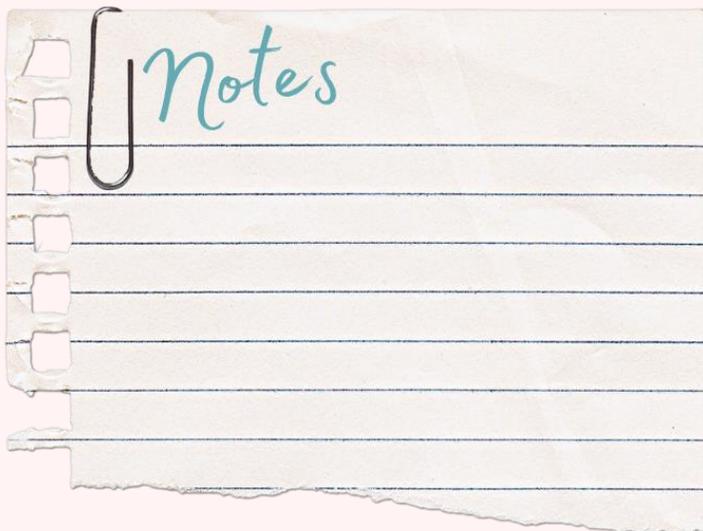
22. I choose to see change as an opportunity.

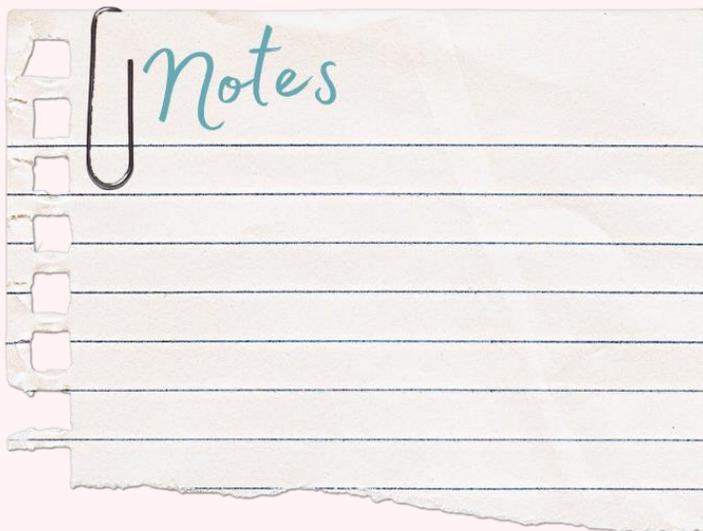
23. I am worthy of rest and relaxation and I take time to rejuvenate my mind and body.

24. I am grateful and open to blessings.

25. I trust myself to make good decisions for my happiness

26. I believe in myself and my wants.





27. I acknowledge my own self-worth. My confidence is rising every day.

28. I am strong and courageous.

29. I am worthy of all the good things that happen in my life.

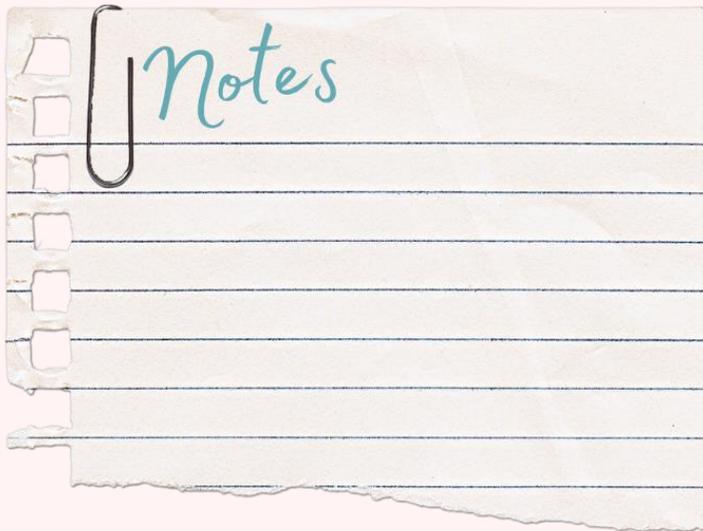
30. My wants and needs matter.

31. My life has a unique purpose and I am fulfilling it.

32. I deserve the love I am given.



do small
things with
great
love



33. I let go of the negative feelings about myself, and accept all that is good.

34. I am worthy of respect from everyone.

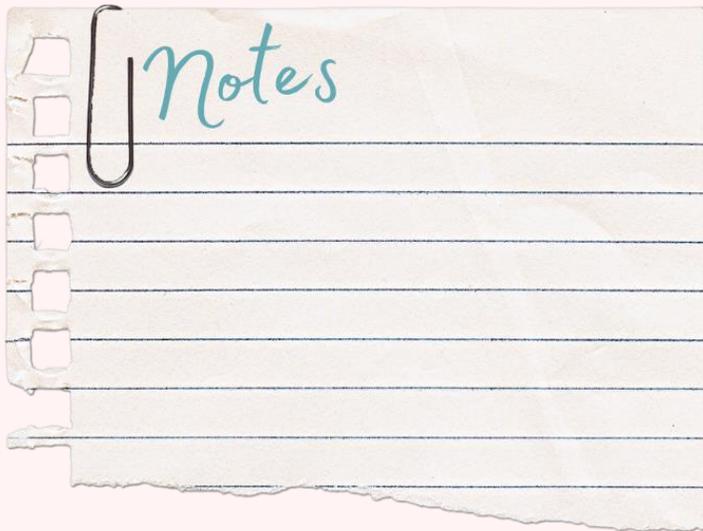
35. I am creative, confident and persistent in everything I do.

36. I am open to new opportunities.

37. I am bold and strong in every situation.

38. I seek out opportunities.

39. I inhale confidence with every breath I take.



40. I am open to what I can accomplish.

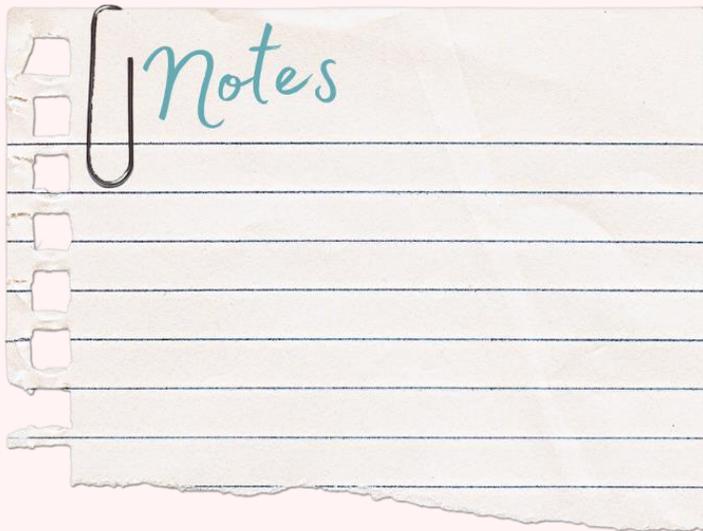
41. I fill my mind with healthy positive energy and thoughts.

42. I am confident in my future.

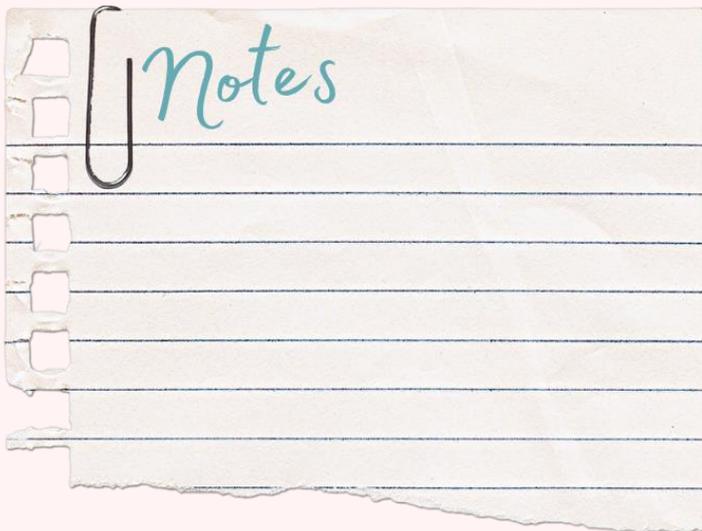
43. I am never without support from the universe.

44. I respect and honor myself.

45. My life experiences come from my positive thoughts.



- 46. I believe in my dreams.
- 47. I love what I do and am doing what I love.
- 48. I love myself completely.
- 49. I am amazing in mind, body, spirit and love.
- 50. I accept others as they are
- 51. I surround myself with inspiring, positive people.
- 52. I infuse the world with my gifts & wisdom.



53. My desires and pursuits matter and make a difference in the world.

54. I face challenges and problems with confidence.

55. My circumstances are not who I am.

56. I let go of the need to prove myself to others.

57. I am optimistic in every situation.

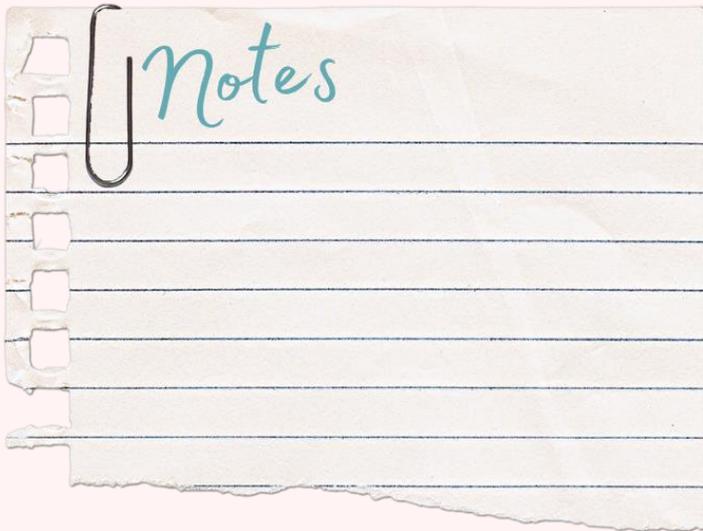
58. I am aware of my strengths and use them with confidence.



**59. I am kind,
compassionate and care for
others.**

*As you can see, I added some
extra affirmations for your
enjoyment.*

*I wish you every happiness
and a life of overflowing
abundance, prosperity and
fulfillment.*



7 Days Of Journal Prompts

Sunday

What are 3 new things you'd like to try or learn more about?

Monday

What are 10 words that describe your personality?

Tuesday

What are 5 of your boundaries?

Saturday

What are 5 qualities you admire in other people?

Wednesday

What are 10 things you're passionate about?

Friday

What are 3 things you'd like to improve about yourself?

Thursday

What are 5 of your unique superpowers?



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