



AFFIRMATIONS

Build Self-Confidence, Resilience and Happiness

I AM:

able

abundant

active

adventurous

affectionate

ambitious

attentive

bold

brave

bright

brilliant

calm

careful

caring

charming

cheerful

clever

cool

confident

considerate

courageous

curious

eager

easygoing

efficient

encouraging

fortunate

friendly

gentle

giving

good

graceful

grateful

happy

healthy

helpful

hopeful

honest

humorous

imaginative

independent

industrious

intelligent

invincible

kind

leader

lively

loving

loyal

lucky

magnificent

marvelous

mature

miraculous

nice

peaceful

pleasant

positive

proper

proud

quick

quiet

rational

reliable

resourceful

responsible

safe

satisfied

sensible

skillful

smart

sweet

talented

thankful

thoughtful

trusting

trustworthy

warm

wise

wonderful