



Affirmations for Confidence

Say these affirmations (with feeling) out loud to yourself in front of a mirror at the start and/or end of your day. Fill in the final spaces with your own affirmations.

1	I am worthy of love.
2	I believe in myself.
3	I can do scary things.
4	I am valued.
5	I am in control of my thoughts and emotions.
6	I am constantly growing and learning.
7	I am open to new things.
8	I am enough.
9	
10	