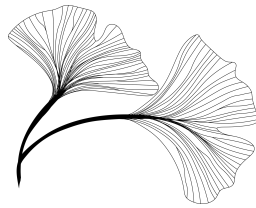


AFFIRMATIONS FOR DAILY CONFIDENCE



I am confident, calm and capable.
I trust myself to make the right decisions.
I am becoming stronger and braver every day.
I believe in my potential and my purpose.
I learn from mistakes and move forward with grace.
I am not afraid to shine and take up space.
I deserve respect, success and happiness.
I radiate confidence and positive energy.
I am proud of who I am becoming.
I trust the timing of my life.
I am enough, exactly as I am.
Every challenge is a chance to grow.
I am worthy of good things.
I can handle anything that comes my way.
My voice and opinions matter.
I release self-doubt and welcome self-belief.
I choose courage over fear.
Confidence is my natural state of being.
I love the person I am becoming.

Print these out, cut them into strips and fold each one. Place them in a pretty bowl and pick one to focus on each time you need a confidence boost.