



Positive affirmations

Pick one that feels almost true and say it slowly a few times. Change a word or two so it sounds like you.

Self-worth

For days when you are hard on yourself.

- 1 I am allowed to take up space.
- 2 My worth is not measured by how productive I am today.
- 3 I can be kind to myself while I keep improving.
- 4 I do not have to earn rest.
- 5 I am more than my mistakes.
- 6 I can like who I am becoming.
- 7 What I bring to the people around me matters.
- 8 I am learning to trust my own judgement.

Anxious moments

For when your mind is running ahead of you.

- 9 This feeling is uncomfortable, and it will pass.
- 10 I can handle the next five minutes.
- 11 I do not have to solve everything tonight.
- 12 My thoughts are not facts.
- 13 I have got through hard moments before.
- 14 I can slow down and take one breath at a time.
- 15 I can focus on what is in my control.
- 16 It is okay not to know yet.

Work and confidence

For before a meeting, an interview or a hard task.

- 17 I prepared, and I can trust that.
- 18 I am allowed to ask questions.
- 19 My voice belongs in this room.
- 20 I can do difficult things one step at a time.
- 21 A mistake is information, not a verdict.
- 22 I am still learning, and that is fine.
- 23 I can set a boundary and stay professional.
- 24 I bring something useful to this work.

Relationships

For connection, boundaries and hard conversations.

- 25 I can say no and still be kind.
- 26 My needs are as real as anyone else's.
- 27 I deserve relationships where I feel safe.
- 28 I can listen without losing myself.
- 29 It is okay to ask for what I need.
- 30 I can let people show me who they are.
- 31 I am worthy of care and respect.
- 32 I can repair after a hard conversation.

Calm and rest

For the end of a long day.

- 33 I did enough today.
- 34 I can put today down now.

35 Tomorrow can wait until tomorrow.

36 My body deserves rest.

37 I can let this moment be quiet.

38 I am allowed to slow down.

39 I release what I cannot change tonight.

40 Rest is part of doing well, not a break from it.

Change and growth

For starting something or getting through a transition.

41 I can begin before I feel ready.

42 Small steps still count.

43 I am allowed to change my mind.

44 I can grow at my own pace.

45 I am building something, even when progress is slow.

46 Uncertainty is part of trying something new.

47 I can learn from this and keep going.

48 I am becoming more myself.