

Positive Affirmations List

Daily affirmations can help you challenge negative thoughts and build self-worth. Read these aloud or write them down.

1. I am enough just as I am.
2. I believe in my abilities and strengths.
3. I choose to let go of fear and doubt.
4. I am proud of who I am becoming.
5. I radiate confidence and kindness.
6. I deserve rest, love, and respect.
7. I am in control of my thoughts and actions.
8. I learn and grow every day.
9. I forgive myself and move forward.
10. I welcome peace, happiness, and clarity.

Choose 2-3 each day and say them with intention