

# Positive Affirmations

BECAUSE CONFIDENCE STARTS  
FROM THE INSIDE OUT.

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01. I am strong — even on hard days.
02. I can do hard things.
03. I keep trying, even when it's tough.
04. I am stronger than I think.
05. I don't give up on myself. Ever.
06. My mistakes help me grow.
07. I stand tall, even when it's uncomfortable.
08. I'm am different and that's my superpower.
09. I trust myself to figure it out.
10. I can be nervous and brave at the same time.
11. I take care of myself because I'm worth it.
12. I'm building a life I'm proud of.
13. Every day, I get better at being me.
14. I don't shrink to fit in — I stretch to grow.
15. I am exactly enough — right now.
16. I love the skin I'm in, and I treat it with care.
17. I am becoming someone I'm proud of.
18. I don't have to do it like everyone else; I do it like me.
19. I am allowed to take up space.
20. My voice matters.
21. I choose to speak to myself with respect.
22. I can share my strengths with others.
23. I've got this... even if today's a mess.
24. I'm exactly who I need to be today.
25. I trust myself more than I trust the noise.

