



11 Fear Affirmations in PDF

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1. Fear is a thing of the past: I am brave and unstoppable now!

2. Fear is gone: I am courageous beyond measure now!

3. Today, I am filled with courage!

4. I am bold; I overcome fear!

5. I am fearless!

6. My steps are guided by courage!

7. In my life, I act with determination!

8. I believe in myself; I am my own hero - brave, strong and fearless!

9. I show courage and act with confidence in all that I do!

10. I am always brave, and fear cannot slow me down or frighten me!

11. I am able to go on; I can do this; fear cannot stop me from living my life!

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