

YOUR FEAR ENDS

POSITIVE AFFIRMATIONS TO
HELP YOU OVERCOME FEAR

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Fear cannot break me down or stop me from taking action! Fear is powerless against me! I am a warrior – I am strong and bold! Fear quickly leaves each time I take action! And I do take action! Each time fear comes, I take action! I act; I move; I go forward in the direction of my dreams! I always win over fear! Fear has no control over me!

Today, I push fear away and act bravely! The more bravely I act, the more courageous I feel! It is like a muscle, and I develop it daily! Each day, I act bravely! Each day, I am bold! I become braver and braver with each day that passes! Each obstacle that I overcome makes me braver! Each right decision makes me stronger! My fears disappear with each new act of courage! Today, I push fear away and act bravely! Tomorrow, I will do the same!

I find out whatever it is that scares me, and I do it on purpose! Each day, I create my mental muscles and do the things that scare me! By acting bravely on purpose, my fear disappears! I am free of fear! I take action and overcome my fears and doubts! I feel bold and brave each day!

Whenever fear comes, it quickly goes away! Fear does not stay for long in my life – it quickly leaves me! My fears are temporary, they quickly leave me because they cannot scare me or stop me from living my life! My fears are powerless, I am the one with power! I am stronger than my fears, and I am bolder! I act despite fear, and therefore, I leave it no chance but to disappear from my life! Today, I am strong and bold, and my fears cannot stop me or scare me!

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My fears disappear with each breath that I take! Moment after moment, and my fears are gone! Emotions of fear do not reside in my head! Fear is weak against me; it has no real power! I switch fear for boldness and courage! I am tough, and fear cannot stand on my way! I live a fearless life; and with each breath that I take, boldness comes!

Pain and fear cannot scare me! The daily pains and fears of life cannot scare me! Each day, I develop my ability to live my life without fear! I do my best to be fearless each day! Small pains and fears cannot frighten me because I can be bold, courageous and strong! I have strength within me; I am fearless and bold!

However hard a situation may seem, I boldly take action! I feel the fear and do the things that scare me! I take action! I always take action in my life! My fears cannot stop me: I take action! Courage comes each time I take action! The more I take action, the braver I become! In me, there is a strong, decisive, courageous, and bold person who always takes action in life!

During the day, I feel calm and safe! When it comes to my life, I am safe! I am living in the perfect environment, with the perfect people! I am safe! Hardly can anything bad happen, my days are filled with positive experiences and laughter! I am safe; I can do and be whatever! The Universe responds with care and love! It acts according to my desires! I am provided with all that I need! I am in a safe place! I am calm during the day, knowing that I am safe and taken care of!

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