

POSITIVE AFFIRMATIONS TO HELP YOU GAIN CONFIDENCE AND KEEP IT

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# CONFIDENT

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AFFIRMATIONS.ONLINE



**There is  
nothing that  
can scare me:  
I am bold,  
courageous,  
decisive and  
strong!**

**Confidence is  
in me:  
constantly, I  
feel self-  
confident! I  
decide what I  
want and go  
after it!**

**The  
challenging  
situations  
that I face  
make me  
stronger,  
wiser, and  
better  
prepared!**

**I am a  
confident  
person; and  
each day, my  
confidence  
grows more  
and more!**

**Each day, I  
develop  
unstoppable  
confidence,  
and I am  
ready to live  
my life to the  
fullest!**

**Whenever  
there is a  
need to act, I  
take action  
with no  
hesitation! I  
am fearless!**

**I have the  
ability to  
cope with  
whatever it is  
that bothers  
me!**



**I have in me  
great powers:  
I am strong! I  
have strength  
within me: I  
am brave! In  
difficult  
times, I am  
bold!**

**I have big  
dreams and  
ideas about  
my life – I go  
after them,  
and this  
makes me  
stronger!**

**My  
confidence is  
high, and I  
am  
pleased! Now,  
I feel good; I  
feel fine; I  
feel worthy!**



**I feel  
enormous  
amounts of  
power within  
me! I feel  
strong today;  
I feel worthy  
and  
deserving!**

**In me is the  
power to  
create: to  
live, to  
conquer, to  
endure!**

**I am a  
decision-  
maker; I  
make  
important  
decisions  
daily!**



**I live my life  
with courage  
and take bold  
actions! My  
boldness  
knows no  
limits!**

**Daily, I take  
bold actions!  
Nothing is  
holding me  
back, and  
nothing can  
frighten me!**

**I am  
powerful; I  
am confident;  
and I have  
great  
resources of  
strength  
available for  
me!**



**In times of  
trouble, I can  
trust in me!  
I completely  
trust myself  
and have  
faith in  
myself!**

**I have in me  
great  
resources of  
power: I am  
capable of  
achieving  
whatever I  
wish to  
achieve!**

**Whatever I  
do, I am  
confident in  
my abilities  
to do it in the  
best possible  
manner! I  
believe in me!**

**I am never  
shy: I am  
confident and  
decisive! I am  
never scared:  
I am brave  
and take  
action!**

**I am self-  
confident and  
eager to meet  
and deal with  
the  
challenges of  
life!**

**Whatever I  
have to do in  
order to live  
a better life,  
I am ready to  
do it! I  
always am  
prepared!**



**My abilities  
to handle  
challenging  
situations  
increase  
constantly!**

**I am able to  
take care of  
myself  
physically  
and  
emotionally!**

**My  
confidence is  
high! I feel  
great; I feel  
strong; I feel  
happy and  
free! Each  
day, I feel  
amazing!**

**I am capable  
of achieving  
my goals and  
concurring  
my dreams! I  
am well able  
to go on and  
to never give  
up!**

**My life is a  
masterpiece  
in creation,  
and I am its  
creator! I am  
on the wheel  
of my life!**

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