

NEVER GIVE UP

ALWAYS PERSEVERE

Positive affirmations to help you go on in times of challenge

Rise Above



SORTIE / EXIT

AFFIRMATIONS.ONLINE

CETTE PORTE EST FERMÉE

DE 6H00AM À 10H00AM

DE CAS POURSUIVRE VOTRE AFFIRMATION

RISE ABOVE

AFFIRMATIONS 1 - 2

Even if I am tired,
scared, or worried, I can
go on!

No matter the situation,
I always find the
strength in me to move
on!

RISE ABOVE

AFFIRMATIONS 3 - 4

When times are tough, I
get tougher!

I am able to handle the
difficulties of my life!

RISE ABOVE

AFFIRMATIONS 5 - 6

I am patient; I am calm; I
can endure all, and I can
persevere!

I have more will, more
faith, more courage, and
more strength!

RISE ABOVE

AFFIRMATIONS 7 - 8

No matter how hard it is,
or how hard it gets, I am
able to endure and go on
with my life!

Each time I deal with a
challenging situation, I
am reminded of how much
strength I have!

RISE ABOVE

AFFIRMATIONS 9 -10

Whatever circumstances
I find myself in, I can
always be bold, activate
my strength, and take
action!

Each time I need it, my
strength comes from
within!

RISE ABOVE

AFFIRMATIONS 11 - 12

I am ready to overcome
whatever obstacles I
face!

I am an overcomer: I
overcome obstacles with
ease!

RISE ABOVE

AFFIRMATIONS 13 - 14

I am stronger than the
obstacles I face, and I am
stronger than fear!

I am stronger than worry
and pain: I am a strong
person, and I have
enormous powers in me!

RISE ABOVE

AFFIRMATIONS 15 - 16

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

In tough times, I get
bolder: courage fills me
up, and I become
unstoppable!

RISE ABOVE

AFFIRMATIONS 17 - 18

Whenever fear comes, I
choose bravery instead:
I choose to act with
courage, and soon my
fear leaves!

All the time, I am
courageous, and
whatever I do, I act with
lots of courage!

RISE ABOVE

AFFIRMATIONS 19 - 20

I pay no attention to the
bad experiences in my
life!

Whenever I meet a
challenging situation, I
stay calm, relaxed, and
with an open mind!

RISE ABOVE

AFFIRMATIONS 21 - 22

I am driven by my own
philosophy, not by anger
or resentment!

Whenever I face a
challenge, I meet it
calmly, with a warrior's
heart!

RISE ABOVE

AFFIRMATIONS 23 - 24

Whenever I feel bad, I
stay still, listen to my
heart and find a safe
place within me!

In times of challenge, I
find a place deep within
me that feels safe!

RISE ABOVE

AFFIRMATIONS 25 - 26

I see the problems that I
have as opportunities:
each problem is a new
opportunity for me!

Whatever happens in my
life, I feel that I have
in me the capacity to
handle it!

RISE ABOVE

AFFIRMATIONS 27 - 28

No situation or bad
break is going to stop
me, frighten me or hold
me back!

My levels of self-
efficacy are high; I stay
calm, cool and bold; and
I am ready to face life!

RISE ABOVE

AFFIRMATIONS 29 - 30

What is important is to take action: once I take action, my life changes for the better - it always does!

I am a person who never gives up, and I solve my problems creatively and effectively!

Read more positive affirmations at
www.affirmations.online

This eBook is freely distributed
by [Affirmations.online](http://www.affirmations.online), but no
commercial purposes are allowed.

Rise Above

