

*Create the courageous self you  
deserve*

# COURAGEOUS DAILY



**AFFIRMATIONS.ONLINE**

**POSITIVE AFFIRMATIONS FOR A  
COURAGEOUS REALITY**



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**Courage starts with me: I act courageously! The more courageously I act, the more courageous I become! Courage is my natural state of being! Whatever I start, courage comes! Whatever I do, courage guides my steps! I am a courageous person, and nothing can make me sad, scared or blue! I am courageous by nature! Constantly, I act with courage and think with courage! My thoughts and actions are courageous; and brave is my heart!**

**My courage works miracles! Constantly, I show great courage and overcome whatever it is that troubles me! I am a courageous person! I live a courageous life! I live a bold and inspired life! My courage is constantly with me – it is in me! I have tons of courage in me! I am grateful for the courage that I have, and I use it daily in my life! The more courageous I act, the more courageous I become! Yes, I am courageous! Yes, I am brave! Yes, I am strong! And yes, I am ready to face the challenges of life!**

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I am equipped with great courage!  
I act courageously! I act boldly! I act with  
an open mind and heart! I have great  
courage, and it allows me to live my  
dreams! I have great courage, and it  
allows me to be unstoppable and  
persistent in following my passions!  
Whenever I need courage, I have it, and I  
look within and find it! I make use of the  
courage that I have; and the more I use it,  
the more it grows!

I do not hesitate: I take action! I do not  
doubt myself: I take action! I do not wish  
for more strength: I take action and great  
strength comes to me! Strength comes  
with taking action! And I do not stay still, I  
take action! Whatever it is that I have to  
do, I take action now! There will be no  
better time; therefore, I take action now!  
Courage is in me, and I act courageously! I  
move ahead, I make the first step, I dare  
to act, and then my life guides me! My  
actions are precise and I am filled with  
courage! My steps are guided by the  
enormous courage that I have!



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Whenever I need to be brave, I am!  
Great courage comes to me, and I can do  
whatever! In tough times, I am  
courageous! I am unstoppable,  
undisturbed and decisive; and I boldly  
make the necessary moves in life! When I  
need to act bravely, I do act with lots of  
courage! There is no fear in me! There is  
no hesitation in me! I am one with  
courage and bravery!

I am stronger than the obstacles I face! I  
am stronger than fear! I am stronger than  
worry and pain! I am ready to overcome  
whatever obstacles I face! I am a strong  
person, and I have enormous powers in  
me! I can always count on these powers  
to help me, guide me, and give me the  
strength and courage that I need! At any  
given moment, I am bold and strong!  
Constantly, I am ready to overcome  
whatever obstacles I face! I am an  
overcomer: I overcome obstacles with  
ease! However hard a situation may be, I  
have the courage to overcome it with  
ease!

**Boldness is my second name; I am bold!  
Each morning, I meet the day in a state of  
boldness! Each morning, I prepare for the  
daily battles and challenges of life! I  
prepare mentally; I prepare physically; I  
let my mind rest and think positive  
thoughts! I let boldness guide me! I am  
one with it, and it serves me well!  
Boldness is my companion each day; and  
therefore, I can do, be and achieve all!**

**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 overtake 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!  
There is nothing that can stop me! There  
is nothing that can scare me! I am  
bravery! I am courage at its best! I am  
pure boldness, and I act boldly!**

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