

I AM CONFIDENT.

I accept myself.
I make decisions with a clear conscience.
I treat myself and others with respect.
I move with mindfulness and purpose.

I love myself.
My thoughts and behaviors are in alignment.
I am unafraid.
I stand up straight, and smile warmly to those whom I encounter.

I am proud of myself.
I trust my ability to make good decisions.
I am worthy of my own love and respect.
I do my best, and I am not afraid to fail.

I am capable.
I am always trying to be the best version of myself.
My perspective is unique and valuable, and others want to hear what I have to say.
I am not afraid to speak my mind.

I believe anything is possible, and I actively work to make my vision a reality.
I show up every day and do my best.
I already am everything I need to be.
I am optimistic, and I believe in myself.

Anxiety and worry are nothing more than clouds passing by overheard.
I identify negative thoughts about myself and others, and I release them.
I share my ideas and thoughts with others.
I actively strive to use my gifts to make the world a better place.