

POSITIVE AFFIRMATION CHALLENGE

POWER

PART 1

- I TRUST MYSELF TO MAKE FANTASTIC DECISIONS
- TODAY I WILL NOT CRITICIZE MYSELF
- I CHOOSE TO VIEW MYSELF AND OTHERS AS EQUALS THAT ARE WORTHY OF LOVE AND ACCEPTANCE
- I FORGIVE MYSELF. I RELEASE GUILT AND SHAME IN EXCHANGE FOR MY FREEDOM
- I FORGIVE OTHERS WHO HAVE HURT ME. I RELEASE PAIN AND BLAME IN EXCHANGE FOR MY FREEDOM
- I TAKE FULL RESPONSIBILITY FOR MYSELF, MY LIFE, AND MY HAPPINESS
- I HAVE INTEGRITY. I ALWAYS DO WHAT I SAY.
- I HAVE THE POWER TO CHANGE MYSELF
- IT IS ENOUGH TO HAVE DONE MY VERY BEST
- I DESERVE TO FEEL GOOD ABOUT MYSELF
- BELIEVING IN AND VALUING MYSELF HELPS OTHERS TO BELIEVE IN AND VALUE ME
- I ENJOY BEING SELF-DISCIPLINED, BECAUSE I KNOW IT IS THE KEY TO MY FREEDOM
- I AM IN THE PROCESS OF MAKING POSITIVE CHANGES IN ALL AREAS OF MY LIFE
- I GIVE MYSELF PERMISSION TO DO WHAT IS BEST FOR ME
- I HAVE ALL THE TOOLS TO BE SUCCESSFUL

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PART 2

- I CONSCIOUSLY CONNECT TO MY AUTHENTICITY AND RELEASE ALL FALSE OR OUTDATED VERSIONS OF MYSELF
- WHEN I AM BEING MY TRUE SELF, I FEEL FREEDOM AND PEACE
- I AM PATIENT, LOVING AND GENTLE WITH MYSELF
- I STAND UP FOR MYSELF BECAUSE I MATTER
- I AM WORTHY OF LOVE, KINDNESS AND RESPECT (MOST OF ALL FROM MYSELF)
- I AM STRONG AND COURAGEOUS
- I ACT IN SPIITE OF FEAR
- I ENVISION, ATTRACT, AND EXPECT THE BEST
- I EXPRESS MYSELF IN EMPOWERING WAYS
- I AM SO PROUD OF MY ACHIEVEMENTS
- I DO NOT NEED TO BE PERFECT TO BE GOOD
- I LET MY ACCOMPLISHMENTS SPEAK FOR THEMSELVES
- I HAVE SELF-CONTROL
- I CRAVE ONLY THE THINGS THAT NOURISH MY LIFE
- I DESERVE TO BE HAPPY AND SUCCESSFUL

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POWER

PART 3

- I LOVE THE PERSON I AM BECOMING
- I AM UNIQUE. IT FEELS SO GOOD TO BE ME!
- I INHALE CONFIDENCE AND EXHALE FEAR
- I CHOOSE TO BE MYSELF, AND I AM ACCEPTED AS I AM BY EVERYONE I MEET
- I LIVE IN ALIGNMENT WITH MY HIGHEST VALUES
- I AM ALWAYS HONEST WITH MYSELF AND OTHERS
- I AM A POSITIVE EXAMPLE FOR EVERYONE IN MY LIFE
- I AM BREAKING THROUGH OLD, LIMITING PATTERNS OF BEHAVIOR AND BECOMING MORE SUCCESSFUL EVERY DAY.
- I MAY CHANGE COURSE, BUT I NEVER GIVE UP
- ALL OF MY CHOICES ARE IN AGREEMENT WITH MY LIFE VISION
- WILLPOWER IS A HABIT I NURTURE EVERYDAY
- I CAN ALWAYS COUNT ON MYSELF TO DO WHAT I NEED TO DO
- I AM WILLING TO DO WHATEVER IT TAKES
- I AM THE MASTER OF MY LIFE