

## CONFIDENCE — AFFIRMATIONS AND MANTRAS

Find the affirmations and mantras that resonate with you ... that make you feel confident and powerful ... and then recite them regularly to train your brain to think the thoughts that best serve you. Here are some that you might like:

I will use my success to help others.

I will build others up as I grow.

I will leave no one behind.

I will follow my gut.
I will do things my way.
I fight for my beliefs.

I will defend myself.
I am a winner.
I am a warrior.

From Badass Affirmations by Becca Anderson

I create my own path.

I live my life to the fullest.

I am an extraordinary person.

ecoachmichelepeterson

I am not afraid of what others think.
I learn and improve from every failure.
I am capable of trying again.

I maximize success in all areas of my life.

I push limits and get the most out of life.

I reach higher and further every day.

People trust my opinions and expertise.

I am a proven leader.

I am a good decision maker.

I rise above hardships.

I take care of myself.

I am satisfied with my accomplishments.







