

Positive Affirmations

- Follow the 3 P's rule when writing affirmations:
- **Present tense:** The affirmation should be stated as if it were already happening.
- **Personal:** The affirmation should relate to you meaningfully.
- **Positive:** The affirmation should be aspirational.

I am enough	This affirmation can help build confidence and combat feelings of inadequacy.
I am worthy	This affirmation can help build self-confidence and can include statements like "I am worthy of love and respect" or "I am deserving of happiness and success".
I am resilient	This affirmation can include statements like "I am separate from my depression"
I am strong	This affirmation can include statements like "I make wise choices" or "I am a good team player"
I am brave	This affirmation can include statements like "I am brave" or "I am doing the best that I can".
I believe in myself	This affirmation can help people break through negative thinking and believe in themselves.
I get better every single day	This affirmation can include statements like "My challenges help me grow" or "I can get through anything"
Forgive yourself	This affirmation can include statements like "You can do second-chances" or "Love yourself"