

27 Daily Affirmations and Declarations

To Boost Self-Esteem and Develop Self-Confidence

- I am unique. I feel good about being alive and being me.
- Life is fun and rewarding.
- Amazing opportunities exist for me in every aspect of my life.
- There are no such things as problems, only opportunities.
- I love challenges. They bring out the best in me.
- I replace "I must", "I should" and "I have to" with "I choose".
- I choose to be happy right now. I love my life.
- I appreciate everything I have. I live in joy.
- I am courageous. I am willing to act in spite of any fear.
- I am positive and optimistic. I believe things will always work out for the best.
- It's easy to make friends. I attract positive and kind people into my life.
- It's easy to meet people. I create positive and supportive relationships.
- I am a powerful creator. I create the life I want.
- I am OK as I am. I accept and love myself.
- I am confident. I trust myself.
- I am successful right now.
- I am passionate. I am outrageously enthusiastic and inspire others.
- I am calm and peaceful.
- I have unlimited power at my disposal.
- I am optimistic. I believe things will always work out for the best.
- I am kind and loving. I am compassionate and truly care for others.
- I am focused and persistent. I will never quit.
- I am energetic and enthusiastic. Confidence is my second nature.
- I treat everyone with kindness and respect.
- I inhale confidence and exhale fear.
- I am flexible. I adapt to change quickly.
- I have integrity. I am totally reliable. I do what I say.

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