

# Daily Self-Affirmations



Self-affirmations help you stay motivated, be less stressed, and boost your self-esteem. You can recite these in front of the mirror, write them down, or repeat them in your mind to encourage yourself.

1. I am resilient, strong, and brave, and I can't be destroyed
2. When I lie down to sleep, everything is as it should be, and I rest content
3. Through my contributions, I make positive changes to the world
4. My goals and desires are as worthwhile as everybody else's
5. If a few people don't accept me, I'm fine with that
6. Whatever difficulties come my way, I have the power to overcome them
7. I'm going to learn lots today because I am capable
8. Through courage and hard work, I can achieve anything that I set my mind to
9. I accept and love myself, thoroughly and completely
10. I choose to be happy

## MY NOTES:

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If you need further help with your wellbeing or moving successfully through life's challenges, learn more about our [self-improvement classes](#) and [counselling](#).