

AFFIRM YOURSELF

I love myself.

I have the power to accomplish my goals.

I face challenges with resilience and strength.

I act with courage and confidence.

I am capable and worthy of success.

I am a blessing to those around me.

I don't have to be strong at all times.

I am worthy of love and belonging.

I am clear in my goals and work towards them each day.

My goals and dreams are valid and meaningful.

I view setbacks as an opportunity for growth.

I am valued in my work, home, and community.

I face adversity with strength and courage.

I am proud of the man I am becoming.