

AFFIRMATIONS

Reduce Insecurities

- 1. I am more than my fears—I am learning to trust myself.**
- 2. I don't need to be perfect to be deeply valuable.**
- 3. I choose to speak to myself with kindness, not criticism.**
- 4. I am not my insecurities—I am so much more.**
- 5. My imperfections make me human, not unworthy.**
- 6. I release the need to seek approval from others.**
- 7. I am learning to feel safe being fully myself.**
- 8. Every time I show up, I grow stronger and more secure.**
- 9. I trust that I am enough, just as I am.**
- 10. It's okay to not have it all figured out. I'm doing my best.**
- 11. My confidence comes from within—not from comparison.**
- 12. I give myself permission to be seen and accepted.**
- 13. I honor my journey, even the parts I used to hide.**
- 14. I am no longer at war with myself—I choose peace.**
- 15. I am allowed to feel insecure and still show up bravely.**
- 16. I am becoming more comfortable in my own skin every day.**
- 17. I am proud of myself for facing what used to scare me.**
- 18. What I think of myself is more powerful than what others think.**
- 19. I am no longer shrinking to make others comfortable.**
- 20. I belong here, exactly as I am.**

Instructions: Repeat these every morning for a minimum of 6 weeks while looking directly in your eyes in the mirror.
Repeat whenever you see an increase in negative self-talk.