



## Self-Talk Affirmations Checklist

Mark "Yes" or "No" To All That Apply	YES	NO
1. I release all my fears		
2. I am safe and protected		
3. I am supported		
4. I allow change into my life		
5. I am more relaxed with every breath that I take		
6. I look forward to the future with hope and happiness		
7. I live life courageously		
8. I release my anxiety		
9. I am capable of protecting and taking care of myself		
10. I trust myself and my life		
11. I am meant to do great things		
12. I am filled with love, joy, peace, and strength		
13. I am proud of myself for trying		
14. I believe in myself		
15. I focus on what is essential		
16. I make the most of every opportunity		
17. I have value and I matter		
18. I am exactly where I need to be		
19. I find solutions to solve problems		
20. I treat my body well		
21. I learn from my past experiences		
22. I am grateful for my life		
23. I deserve what good comes my way		
24. I am in charge of my life		
25. I am blessed with family and friends		
26. I am amazing		
27. I am confident in myself		
28. I am proud of myself and my journey		
29. I have the power to make changes in my life		
30. I only allow positivity into my life		
31. I am bold and brave		
32. I am in charge of my mind		
33. I am creating new, healthy habits		
34. I feel good about myself		
35. I will overcome and succeed		
36. I am a better person due to the challenges I face		
37. I accept myself unconditionally		
38. I forgive myself		
39. I am stronger and wiser than yesterday		
40. I am calm and relaxed		
41. I have a meaningful life		



## Self-Talk Affirmations Checklist

42. I am free of unwanted stress		
43. I deserve to be happy		
44. I trust my inner guidance		
45. I follow my heart and discover my purpose		
46. I will get through this		
47. I am okay, all is well at this moment		
48. I am in control of my actions		
49. I have faith in my journey		
50. I am a survivor		