

## CONFIDENCE AFFIRMATIONS

### How to Use Affirmations:

If you want to bring some positive thinking power into your life, start by doing the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.
2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.
3. **Believe the affirmation** - Consider what you read and believe that it is true.
4. **Commit to the affirmation** - Make a commitment, to yourself and the affirmation if necessary. Yes, the result is possible. Believe it, commit to it, and it WILL HAPPEN!
5. **Meditate on what you read** - After breathing, reading it slowly, believing and committing to the affirmation, meditate for a few minutes on what you read and what it means to you.
6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

### Affirmations:

- When I breath, I inhale confidence and exhale timidity.
- I love meeting strangers and approach them with boldness and enthusiasm.
- I approve of myself and love myself deeply and completely.
- I live in the present and am confident of the future.
- My personality exudes confidence. I am bold and outgoing,
- I am self-reliant, creative and persistent in whatever I do.
- I am energetic and enthusiastic. Confidence is my second nature.
- I always attract only the best of circumstances and the best positive people in my life.
- I am a problem solver. I focus on solutions and always find the best solution.
- I love change and easily adjust myself to new situations.
- I love challenges. They bring out the best in me.
- I am well groomed, healthy and full of confidence. My outer well-being is matched by my inner well-being.
- Self-confidence is what I thrive on. Nothing is impossible and life is great.
- I always see only the good in others. I attract only positive people.
- I face difficult situations with courage and conviction. I always find a way out of such situations.

