

# I feel confident

## **I feel confident.**

I am powerful and resilient.

I make sound decisions. I set reasonable boundaries. **I stand up for my principles and advocate for my needs.** I adopt habits that make me happy and healthy. I devote my time and energy to meaningful activities.

I take risks. I try new things. I am curious and adventurous.

I add to my accomplishments and capabilities. I continue learning. I take initiative at work. I celebrate my strengths and congratulate myself for my victories. I keep moving forward.

**I persevere through obstacles.** I bounce back from losses and disappointments. I remember my purpose and adjust my strategy. I aim for progress rather than perfection. I turn setbacks into steppingstones.

I surround myself with encouragement and support. I repeat positive affirmations. I spend time with family and friends who

build me up. I share constructive feedback and emotional validation. I feel motivated and inspired.

I cultivate awareness and gratitude. I take refreshing breaks throughout the day. I stay calm under pressure.

I think positive. **I love and accept myself as I am.** I look for the bright side in difficult situations. I remain hopeful and optimistic.

**Today, I trust myself and my abilities.** I follow my dreams and reach my goals. I take control of my life. I radiate happiness and confidence.

## **Self-Reflection Questions:**

1. How well do I know myself?
2. What is the difference between confidence and arrogance?
3. How does comparing myself to others affect my self-confidence?