

# 77 Affirmations for Confidence

1. I'm comfortable being myself around other people.
2. My choices in life are within my control.
3. I have within me the power to handle any situation.
4. I am worthy of having whatever I want in life.
5. I respect myself. When others make me feel small, I choose to stand up for myself.
6. The people around me enjoy spending time with me.
7. When I don't enjoy someone's company, I have no obligation to spend time with them.
8. I approach each new situation with confidence and a belief in my own abilities.
9. I am not afraid to take risks, because I believe in my ability to adapt.
10. I'm quick to apologize for mistakes, but I don't apologize for my emotions or for being myself.
11. Being myself is a privilege.
12. I'm not for everyone. Not everyone has to like me.
13. Each minute, I'm becoming stronger.
14. The process of life has twists and turns. I trust each step.
15. When setbacks happen, I have the power to overcome them.
16. Everything I need is already inside me.
17. Each morning when I rise, I'm filled with motivation.
18. I'm allowed to ask for help while still being self-sufficient and independent.
19. Whatever I envision for myself, and my life, is possible.
20. I bring focus and strength to each day.
21. Obstacles only motivate me to keep trying.
22. I am smart, persistent, and capable.
23. Leaving my comfort zone is hard, but I know growth is on the other side.
24. My mood isn't dependent on the opinions of others.
25. Every day, I grow in confidence. Every day, I trust my intuition more.

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26. I'm grateful for everything that made me who I am today.
27. When I receive compliments, I accept them with gratitude.
28. My inner confidence is just waiting to be unleashed.
29. My intuition is strong. When I have an instinct about something, I listen.
30. As I inhale, confidence enters my body. As I exhale, fear exits my body.
31. My reserves of strength are endless.
32. The strength I have inside me is greater than I realize.
33. What sometimes seems hard for me to handle can, in fact, come easily.
34. I feel comfortable in my own body.
35. When I achieve difficult things, I become even more confident.
36. The things that make me "me," are entirely unique in this world.
37. Meeting other people and making friends comes naturally to me.
38. I choose to release my insecurities.
39. I choose to express the emotions I feel, rather than hide them.
40. Each day, I get closer to reaching my goals.
41. When I look back at the version of myself from a few years ago, I'm proud of how far I've come.
42. Success reverberates through every moment of my day.
43. I choose the goals I pursue, without influence from the expectations of others.
44. My confidence attracts people to me.
45. When difficulties arise in life, I am resilient.
46. I judge my own success by my dedication and willingness to keep putting in the work.
47. I am capable. When I set my mind to something, I can do it.
48. With practice and training, there is no skill I can't master.
49. As I get more confident in my abilities and comfortable in my own skin, my fears of failure and judgment are fading away.
50. Validation from others doesn't matter to me. I only need validation from myself.

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51. I choose self-support over self-deprecation.
52. I am comfortable and confident being my true self.
53. I choose to say what I believe without worrying about judgment.
54. I'm confident enough to let go of people who don't make me happy.
55. Each time I make a mistake, I learn and grow.
56. I deserve to feel strong and confident. I deserve to believe in myself.
57. Every part of me is worthy, even my flaws and imperfections.
58. My confidence is contagious.
59. I am seen in this world. I matter.
60. I am capable of doing amazing things.
61. When I'm true to myself, I'm also the most confident version of myself.
62. I can visualize the best version of myself, and I'm getting closer every day.
63. I'm grateful for how far I've come in life, and for everything I've accomplished.
64. Who I become in life is under my control.
65. I deserve to celebrate wins in life, no matter how small.
66. My voice deserves to be heard. My opinions matter.
67. When I follow my intuition, I know I'm making the right choices in life.
68. Each day, I feel myself radiating strength and confidence.
69. Perfection isn't my goal; I can be confident while being flawed.
70. I feel proud of myself for each small way I've improved my life.
71. I choose to accept myself, the good and the bad.
72. I compare myself with the past version of me – not with other people.
73. When I make a decision, I have conviction and stand behind it.
74. Confidence comes easily to me.
75. I love the person I'm becoming.
76. Everything I want is on its way to me.
77. I express my true self with ease.