

# Confidence Meditation Script

Let's begin with a guided confidence affirmations meditation.

Confidence is a practice. It can take time.

Be gentle with yourself if these affirmations don't feel authentic yet. Over time, you will internalize them more.

As emotions come up in the course of this meditation, do your best to acknowledge them nonjudgmentally. Treat your emotions like clouds passing by. Notice them, but let them pass.

Begin by settling into a seated position. Make sure you feel comfortable.

Now, focus on your breathing. What does your breath feel like as it enters your nose, and exits your mouth?

Keep breathing. Zoom out, noticing how your entire body feels.

Are you holding any tension? Notice how your shoulders, your back, and your jaw feel. For many people, those areas tend to hold tension. If so, invite yourself to release the tension.

Don't worry if your mind starts to wander. Just gently bring your attention back to your breath, and to the feeling of warmth and confidence as you continue to take slow, deep breaths.

Now, repeat the following confidence affirmations slowly, with warmth and gentleness towards yourself:

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*I am comfortable and confident being my true self.*

*The people around me enjoy spending time with me.*

*I approach each new situation with confidence and a belief in my own abilities.*

*I am not afraid to take risks, because I believe in my ability to adapt.*

*I'm quick to apologize for mistakes, but I don't apologize for my emotions or for being myself.*

*Validation from others doesn't matter to me. I only need validation from myself.*

*I respect myself. When others make me feel small, I choose to stand up for myself.*

*I choose self-support over self-deprecation.*

*I choose to say what I believe without worrying about judgment.*

*I'm allowed to let go of people who don't make me happy.*

*Each time I make a mistake, I learn and grow.*

*I deserve to feel strong and confident. I deserve to believe in myself.*

*Every part of me is worthy – even my flaws and imperfections.*

*My confidence is contagious.*

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*Everything I need is already inside me.*

*Whatever I envision for myself, and my life, is possible.*

*Obstacles only motivate me to keep trying.*

*I am smart, persistent, and capable.*

*My mood isn't dependent on the opinions of others.*

*Leaving my comfort zone is hard, but I know growth is on the other side.*

*I compare myself with the past version of me – not with other people.*

*When I make a decision, I have conviction and stand behind it.*

*I express my true self with ease.*

*Confidence comes easily to me.*

*Everything I want is on its way to me.*

*I love the person I'm becoming.*

**When you're ready, open your eyes.**

Notice how you feel.

Bring these feelings of confidence with you throughout the day and remember:

Whenever you need it, it's already inside of you.