

self-affirmations

take as needed.

I am capable. I can do this, and I am equipped.

Good things are still to come.

I am powerful. I can do anything, but not everything.

What I am doing is enough.

I am strong. I have survived so many things to get to where I am.

I have responsibility for myself, not for anyone else.

My voice matters. My opinion counts, and so do others'.

I belong here as much as anyone else.

I am just who I was meant to be at this point of my life - no more,
no less. I am whole, flaws and all.

I may succeed, or I may instead simply learn from this situation.

Fear, failure, and faithlessness are choices.
Courage, love, and persistence are also choices.

I can look for a solution, and if I can't find one, I can let it go.

I am doing the best I can in my situation.

I am worthy.

I am enough.

I am loved.