

# CONFIDENCE BOOSTING AFFIRMATIONS

1. I choose to think thoughts that are positive, encouraging & uplifting.
2. I choose to focus on silver linings.
3. I am a shining example of confidence.
4. I choose to be the most confident version of myself.
5. My sense of self-worth is what I choose it to be.
6. My presence adds value to those around me.
7. Everything I do, think, feel & believe has a positive & empowering impact
8. I take consistent, daily steps to becoming the best version of me.
9. I become more confident every day.
10. I find it easy to tap into positive thoughts that make me feel more confident.
11. I see myself as a confident and inspiring person.
12. My natural beauty is equal parts internal and external.
13. My uniqueness is what makes me beautiful.
14. I am unique and my gift to the world is being the best version of me.
15. I practice self-love and encourage others to do the same.
16. Authentic self-love is admirable & affects positive change in myself & others.
17. I am confident with who I am.
18. I empower myself with positive actions, thoughts, feelings and beliefs.
19. I have the power to choose how to respond in any situation.
20. My emotions are a powerful tool to help me become the person I want to be.
21. Confidence comes to me with ease.
22. My own confidence & happiness is my own responsibility.
23. I have full confidence in my decisions.
24. I use my strengths to my advantage and develop my areas for growth.
25. I am worthy, I am enough.

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26. The only comparison I permit is with a former version of myself.
27. I acknowledge the progress I have made in all areas of my life.
28. I set daily intentions that elevate my confidence.
29. I deeply and completely love and accept myself.
30. Confidence and self-worth flow to me in a river of abundance.
31. I am Beautiful.
32. I am my own biggest cheerleader.
33. My confidence, self-esteem & self-belief are growing every day.
34. Each new day is an opportunity to practice my confidence.
35. I am, therefore I deserve love, happiness & respect.
36. It is my duty to feel good about myself.
37. I believe I am worthy and confident and therefore others do too.
38. Confidence starts with me.
39. My biggest strength is understanding, accepting & loving who I am.
40. My confidence and self-love is my legacy.
41. I can only empower & encourage others if I empower & encourage myself.
42. I am grateful for my life, my body, my being.
43. I honour my body, my mind & my soul.
44. I am proud of who I am.
45. My greatest gift, to myself & others, is unconditional love & acceptance.
46. Self-love is self-respect.
47. I choose to shine my inner light so bright that it ignites the light in others.
48. My life is precious; I choose to spend it wisely.
49. My positive attitude is my ally.
50. I am exactly where I'm meant to be right now so I can learn the lessons & become the person I need to be in order to create a journey of life that I love.

**ABIGAIL K.**

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CELEBRATING THE UNIQUENESS OF YOU  
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