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Please choose 5 affirmations to repeat five times out loud on a daily bases. As time goes on you will thank Us at Goal Focusin.

Inspire confidence

1. "I am capable."
2. "I am intelligent."
3. "I am innovative."
4. "I am brave."
5. "I am confident."
6. "I stand up for myself."
7. "I can do hard things."
8. "I am in charge of my own identity."
9. "I have faith in myself."
10. "My ideas are powerful."
11. "I am allowed to change my mind."
12. "This is my time."
13. "I am articulate."
14. "I know myself."
15. "I am an independent person."
16. "I am good at many things."
17. "Anything is possible in my life."
18. "I have faith in my own abilities."

19. "I am qualified to be where I am."
20. "I make good decisions."
21. "I will stop apologising for things I can't control."

self-worth

22. "I am good enough."
23. "I deserve joy."
24. "I am worthy of investing in myself."
25. "I deserve positivity."
26. "I am worthy of praise."
27. "I love myself."
28. "People like being around me."
29. "I have surpassed my own expectations in the past."
30. "I have innate value."
31. "My perspective matters."
32. "I respect myself."
33. "I have meaning."
34. "I am purposeful."
35. "I am unique."
36. "I am interesting."
37. "I am deliberate."
38. "I am intentional."
39. "I am wise."

40. "I am respected."
41. "I matter to the world."
42. "I am doing my best."
43. "I deserve support from those who are close to me."
44. "I am complete as I am."
45. "I am allowed to feel good."

Women leaders

46. "My leadership makes a difference."
47. "I inspire people."
48. "I am a role model to many."
49. "I will be remembered."
- 50.** "I can make a positive change."
51. "My past will never define me."
52. "I am breaking generational cycles."
53. "I am abandoning bad habits."
54. "I am proud of myself."
55. "I am advancing at my own pace."
56. "There are a million reasons to be proud of myself."
57. "My ancestors would be proud of me."

Channel growth

58. "Failure is not negative."
59. "I am ready to learn and grow."

60. "I know I can do this."
61. "Today I will take the first step."
62. "I am ambitious."
63. "I am better than I was yesterday."
64. "I enjoy learning."
65. "I am proud of the person I am becoming."
66. "I am my own biggest cheerleader."
67. "I am constantly learning."
68. "I am working hard to better myself."
69. "I am filled with focus."
70. "Every day is an opportunity for greatness."
71. "I allow myself to evolve."
72. "My dreams are coming true."

Working moms

73. "I am a good parent."
74. "I make a difference in my family's life."
75. "My children will remember me as an amazing parent."
76. "People look up to me."
77. "I am a powerhouse."
78. "I am helping others to grow."
79. "I surpass expectations."

loving your whole self

80. "I have a beautiful spirit."
81. "My sensitivity is beautiful."
82. "I am gracious."
83. "I am poised."
84. "I am dynamic."
85. "I am spontaneous."
86. "I will not change who I am for anyone else."
87. "I am allowed to feel my feelings."
88. "I do not have to be happy all the time."
89. "I love my body."
90. "My body is strong."
91. "I am not defined by beauty standards."
92. "I deserve to nourish my body."
93. "My body can do great things."
94. "People who matter in my life will not ask me to change my identity."

Hard times

95. "Nothing can break my spirit."
96. "These times are tough, but they won't last forever."
97. "Negative feelings will pass."
98. "I am grateful for every day."
99. "I am conquering challenges in my life."
100. "I have come far in life."

101. "My fears are melting away."
102. "My future is bright."
103. "I forgive myself for my past mistakes."
104. "I will move forward from negativity."
105. "I have a lot to look forward to."
106. "I am rejecting negative energy."
107. "I choose to try to be happy today."
108. "I finish what matters and let go of what doesn't."
109. "I have done my best today."
110. "Asking for help is a strength, and I am strong."
111. "There is something good in every day."
112. "I am not a failure."

See the meaning in life

113. "I am contributing to the world."
114. "I am making an impact."
115. "I am destined to do great things."
116. "I make a positive impact on my community."
117. "I make a difference in the world."
118. "I am proud of the impact I make."

Women at work

119. "I am prepared."
120. "People respect me at work."

121. "My work matters."
122. "My contributions matter at work."
123. "I am a collaborative thinker."
124. "I am a global thinker."
125. "I am successful."
126. "I have every quality I need to achieve success."
127. "I am reliable."
128. "People want to help me succeed."

Keep grounded

129. "I belong here."
130. "My kindness makes others' lives better."
131. "I am honest."
132. "I am grateful for my life."
133. "There are many small things I'm grateful for."
134. "I know my own truth."
135. "I set boundaries for myself."
136. "I matter."
137. "I am complete as I am."
138. "I am kind."
139. "I am loved."
140. "My positivity is contagious."
141. "My life has meaning."

142. "My friends and family value me."
143. "My life is beautiful."
144. "I make people I meet feel seen."
145. "I am supported by people who love me."
146. "I am in charge of my own life."
147. "I am grateful for the life I have."
148. "I appreciate the little things in life."
149. "My higher power has my back"
150. "My past is not my future"

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