

CONFIDENCE AND COURAGE AFFIRMATIONS

*I AM Safe in the World. I AM Safe in My Body.*

*I AM Always Provided For.*

*I AM Safe, Secure, Stable, and Strong.*

*I Can Always Take Care of Myself.*

*I AM Sacred. I AM Perfect.*

*I AM Supremely Confident About Everything in My Life. After All, I AM a Child of the Divine, I AM Made in God's Image, I AM Part of God, I AM Immersed in God, I AM God. Of Course I AM Confident as I Move Joyfully Through This Magnificent Life.*

*God Has Created This Beautiful World For Me to Experience, Appreciate, and Enjoy.*

*I Settle for Nothing. I Expect the Best.*

*For the Gift of Being, for the Gift of This Whole Experience, Thank You!*

*I Live My Life With Confidence, Boldness, and Love.*

*I AM Not Here Proving My Worthiness. I AM Here Being My Worthiness.*

*The Whole Universe is Conspiring to Give Me Everything I Desire.*

*There is Nothing I Cannot Be, Do, or Have. I Expect it All. I Deserve it All. I Receive it All. I Love it All.*

*All the Positive Energies of the Universe Are Flowing Through Me.*

*My Life Gets Better Every Day. I Get Better Every Day.*

*I AM Powerful. I AM Awesome. I AM Outrageous. My Success is Assured.*

*I Attract Love. I Allow Love Into My Life. I AM Loved and Adored.*

*I AM Surrounded With Love.*

*I Happily and Gratefully Accept and Receive All This Love, and I Return This Love a Thousand-Fold*

*I AM Radiantly Healthy.*

*I AM Phenomenally Prosperous.*

*Everything Always Works Out For Me.*

*I AM Successful in Everything I Choose to Do.*

*I Create My Own Life.*

*I Choose My Own Path.*

*My Confidence Knows No Limits.*

*My Power Knows No Limits.*

*My Ability Knows No Limits.*

*I Love Being Confident.*

*My Spirit Overflows With Joy, Lovingkindness, Fun, Excitement, and Awe.*

*I Love Being Me.*

*My Life is So Much Fun.*

*I AM Wise, Intuitive, and Powerful.*

*I AM Fearless. I AM Unshakeable.*

*I Fear No One and Nothing.*

*I AM Always Brave, Self-Assured, and Ready.*

*I Touch the World Lightly, But I AM Passionate About My Life and My Loved Ones.*

*In the Face of Threats, I Always React First with Kindness, Understanding and Reason.  
But if Necessary, I AM a Formidable Opponent.*

*I AM Always in Control of Myself.*

*When I Feel Doubt, I Remind Myself that It Is Outside of I AM. It's Not Real.*

*I Trust My Strength. I Trust My Intuition. I Trust the Universe.*

*The Divine Always Guides Me.*

*I Have Faith and Trust in the Eternal Principle of Life that Burns Within Me and Never Fails.*

*I Love and Respect Myself. I Have Faith in My Strengths, Talents, and Abilities.*

*I AM Fully Aware of My Powerful, Eternal, Divine Spirit.*

*I AM Fully Aware that the Divine Loves and Adores Me.*

*I Am Fully Aware of My Oneness With the All.*

*I AM Grateful Knowing that I AM Always Safe, Blessed, and Loved.*

*I AM Secure With Who I AM. I AM Proud of Who I AM.*

*I AM Confident, Courageous, Decisive, Assertive, and Unhesitating.*

*I AM Never Timid or Passive-Aggressive.*

*I Never Beg or Badger Anyone.*

*I Do Not Cling to the Past. I Live in the Present Moment.*

*I Have Integrity. I AM Honest and Trustworthy.*

*I Know that Strength, Character, and Unconditional Love, Attract Strength, Character, and Unconditional Love.*

*I AM Not Afraid of Conflict or Difficulties.*

*I Speak My Mind. I Ask for What I Want. I AM Bold.*

*I Always Speak Authentically, Confidently, and With Respect.*

*I Think Before I Speak.*

*I AM Strong Enough and Confident Enough to Always Hold Myself Accountable.*

*I AM Brave Enough and Smart Enough to Be Honest and Forthright, and to Practice Unconditional Love and Unconditional Kindness.*

*I Have No Hidden Agenda.*

*I Carry No Grudges or Resentments.*

*I Take Complete Responsibility for My Thoughts, Feelings, and Moods.  
I Never Try to Make Anyone Responsible for How I Feel.*

*I Take Complete Responsibility for My Actions.*

*I Do Not Lie.*

*I AM Accepting. I Do Not Judge.*

*I AM Strong Enough and Brave Enough to Share My Emotions.*

*I Listen When Others Speak. I Hear Them, I Respect Them, and I Care.*

*I Give People My Undivided Attention and Focus.*

*I Always Remember that Everyone is Sacred.*

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(All of this is true *in the I AM*. Repeat it and repeat it until it is true *in the Dream*.)