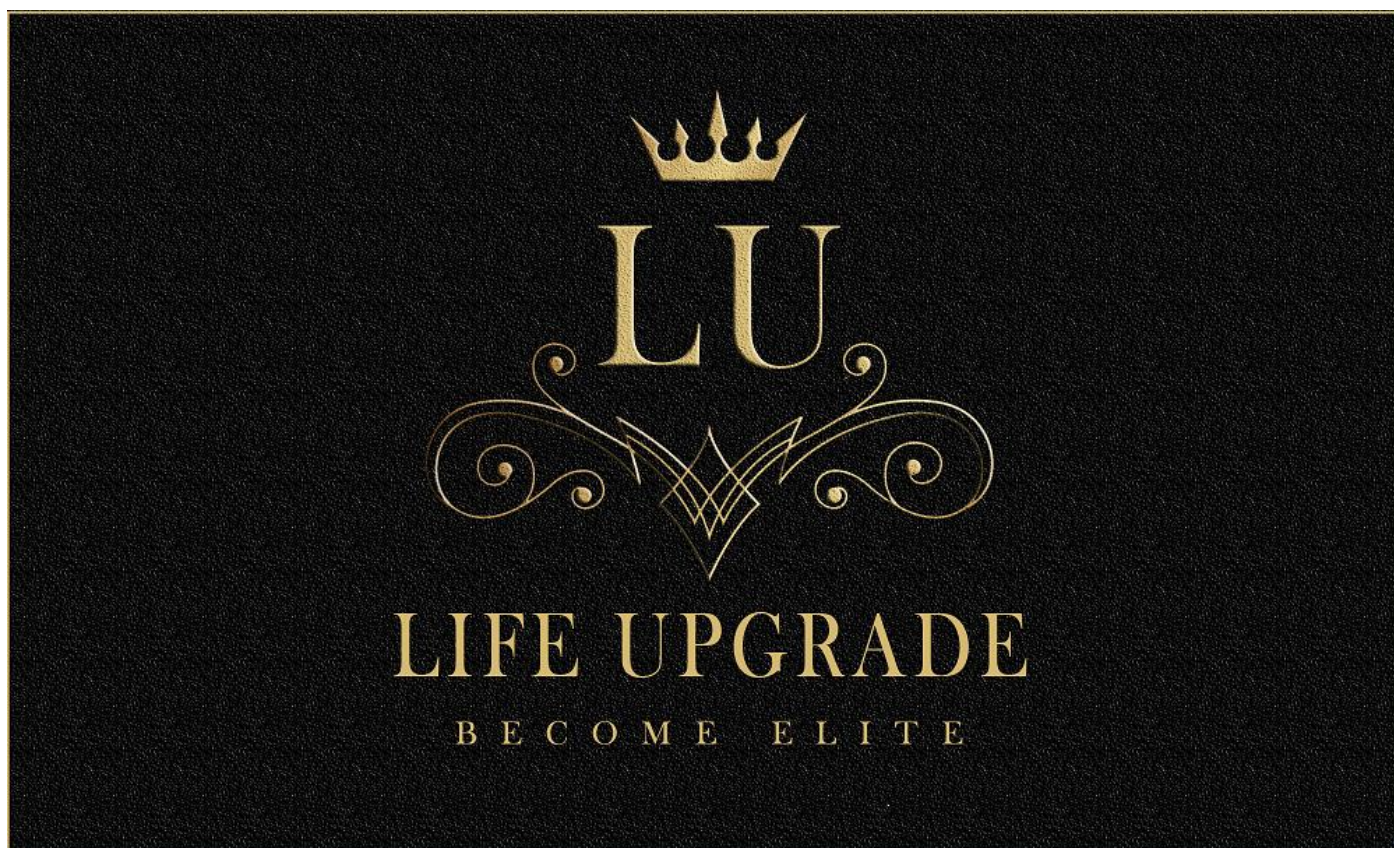


MIND TRAINING

Affirmation Scripts



SELF ACCEPTANCE - AFFIRMATION SCRIPT

- Every day my confidence grows
- Every day your confidence grows
- I accept my past more every day
- I accept myself more every day
- I always do my best
- I am able to speak up for myself more each day
- I am all that I need
- I am always okay
- I am becoming confident around people
- I am becoming confident at the centre of attention
- I am becoming confident to openly express myself
- I am becoming relaxed and comfortable around people
- I am beginning to forgive myself for my mistakes
- I am content around people.
- I am content when I am alone
- I am developing a strong sense of self
- I am developing deep self-love
- I am developing fantastic self-worth
- I am developing great social confidence
- I am developing massive self-appreciation
- I am enough
- I am good enough
- I am improving every day in every way
- I am learning from life with joy
- I am learning that I can handle any situation
- I am learning to appreciate criticism
- I am learning to make myself happy
- I am worthy of good things
- I am worthy of love
- I beginning to forgive my past
- I can confront people when necessary
- I can release my past more each day
- I choose to be a good person
- I choose to be a kind person
- It's okay to love yourself
- It's okay to make mistakes
- I choose to be a person I like
- I choose to be a person I respect
- I choose to be better every day
- I choose to be positive
- I choose to behave in ways that make me feel proud
- I choose to learn from all my experiences
- I choose to learn from my mistakes
- I choose to learn from my past
- I choose to think positive thoughts
- I deserve good things
- I deserve love
- I focus on positive feelings
- I focus on positive thoughts
- I know what is acceptable
- I learn from my mistakes
- I let go of negative feelings
- I let go of negative thoughts
- I love my mind more every day
- I love myself more every day
- I make more smart choices every day
- I respect myself more every day
- I trust my mind more each day
- I trust myself more each day
- Your self-respect is growing all the time
- It's okay to accept good things
- It's okay to accept good things
- It's okay to accept love
- It's okay to accept love
- It's okay to appreciate myself
- It's okay to appreciate yourself
- It's okay to assert myself
- It's okay to assert yourself
- It's okay to let go of negativity now
- It's okay to let go of negativity now
- It's okay to love myself
- you are learning to appreciate criticism



- It's okay to take care of myself
- It's okay to take care of yourself
- It's okay to trust my inner voice
- It's okay to trust myself
- It's okay to trust your inner voice
- It's okay to trust yourself
- My confidence is growing all the time
- My love for myself is growing all the time
- My positive choices mean I like who I am
- My self-respect is growing all the time
- you accept your past more every day
- you accept yourself more every day
- you always do your best
- you are able to speak up for yourself more each day
- you are all that you need
- you are always okay
- you are becoming confident around people
- you are becoming confident at the centre of attention
- you are becoming confident to openly express yourself
- you are becoming relaxed and comfortable around people
- you are beginning to forgive yourself for your mistakes
- you are content around people.
- you are content when you are alone
- you are developing a strong sense of self
- you are developing deep self-love
- you are developing fantastic self-worth
- you are developing great social confidence
- you are developing massive self-appreciation
- you are enough
- you are good enough
- you are improving every day in every way
- you are learning from life with joy
- you are learning that you can handle any situation
- your positive choices you like who you are
- you are learning to make yourself happy
- you are worthy of good things
- you are worthy of love
- you beginning to forgive your past
- you can confront people when necessary
- you can release your past more each day
- you choose to be a good person
- you choose to be a kind person
- you choose to be a person you like
- you choose to be a person you respect
- you choose to be better every day
- you choose to be positive
- you choose to behave in ways that make you feel proud
- you choose to learn from all your experiences
- you choose to learn from your mistakes
- you choose to learn from your past
- you choose to think positive thoughts
- you deserve good things
- you deserve love
- you focus on positive feelings
- you focus on positive thoughts
- you know what is acceptable
- you learn from your mistakes
- you let go of negative feelings
- you let go of negative thoughts
- you love your mind more every day
- you love yourself more every day
- you make more smart choices every day
- you respect yourself more every day
- you trust your mind more each day
- you trust yourself more each day
- your confidence is growing all the time
- your love for yourself is growing all the time
- It's becoming easier and easier to have conversations with strangers