

THE CONFIDENCE CURE

AFFIRMATIONS SHEET

1. I believe in myself and know that I can succeed at anything I decide to accomplish.
2. I enjoy supreme self-confidence.
3. I maintain a calm, balanced peaceful mind at all times, regardless of the external situation.
4. I am as worthy and deserving as anyone to achieve enormous success and abundance.
5. I know exactly what I want to achieve in life and work each and every day to accomplish it.
6. All past negative programming falls away in the light of my supreme self-confidence and self-esteem.
7. I am fearless. I know what I want and believe I can achieve it. And I do, every single time.
8. I make breakthroughs in every area of my life and rapidly achieve my dreams.
9. Negative people and circumstances no longer affect me. It all flows off of me, leaving me untainted.
10. I like myself, I love myself. I know I am a person of supreme worth.
11. I am resilient to external challenges, and always persist with supreme confidence until I attain my goal.
12. My success is absolutely inevitable. I see only the goal. All obstacles MUST give way!
13. Each victory I achieve fuels my confidence further, and strengthens a self reinforcing cycle of success.
14. The universe is secretly conspiring to do me good. I learn from every lesson life sends my way.
15. What does not kill me only makes me stronger. I am resilient, powerful, empowered, unstoppable!
16. My self-confidence and self-esteem grow stronger each and every day.
17. I have clarity of intent, know my life purpose, and have clear goals that I work towards daily.
18. I am unique and precious, infinitely valuable. There is nobody like me in all the world.
19. I possess infinite reserves of talent and ability. I reveal them to the world to benefit all.
20. All fear, doubt and negativity fade away. I am filled with courage and determination.