

9 affirmations I use daily. Positive self talk is vital. Upon practicing affirmations you will slowly start removing the self doubt you have wedged in your mind and become free of those thoughts.

Aim to affirm in the first hour after waking. The closer to when you wake up, the more effective affirmations will be for you on that day. You will be mentally in a stronger position to begin your day's plans. I encourage you to take inspiration from some of my templates and create your own affirmations.

1. I am grateful for today.
2. I use my time efficiently today and every day.
3. I am happy and content with my life.
4. I am achieving my goals.
5. I will fight through failure and only learn from it.
6. I am successful.
7. I am my best self.
8. I am full of confidence.
9. I have unlimited possibilities