

Affirmations for Confidence, Self-Esteem and Expression

I am worthy
of love and respect

I am capable of
achieving great
things

I am unique and
special in my
own way

I am not defined by
my mistakes or
failures

I am intelligent
and talented

I am enough just
the way I am

I am strong
and resilient

I am capable of
overcoming any
challenge

I am a good friend
and family member

I am worthy of
happiness and
success

I am proud of
myself for all that I
have accomplished

I am proud of
myself for who
I am

I am confident in
my ability to
express myself
authentically

I am comfortable
in my own skin

I am a force to be
reckoned with