

Affirmations for Self- Compassion and Self- Esteem

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There are many ways to use self-affirmation to strengthen your self-concept (such as compassion and esteem). I will share my favourite way of using them in the form of a 'personal mantra'. Choose 3 of these statements that you wish to believe about yourself but currently do not (or create your own!). Write them on a sticky note and place them on your mirror. Every morning when you wake up, look yourself in the mirror and repeat your 'mantra' aloud. Over time this will begin to feel true, and will very likely have a positive impact on your self-worth.

I have confidence in my skills.

I am not afraid to be wrong.

Happiness is within my grasp.

I am confident in the presence of others.

I will say "No" when I do not have the time or inclination to act.

The only person who can defeat me is myself.

If I fail, I will fail forward.

My confidence knows no limits.

I choose hope over fear.

Positivity is a choice that I choose to make.

I will not take other peoples' negativity personally.

I am a diamond. It is time for me to shine.

I am loved and I am wanted.

I will stop apologizing for being myself.

Negative self-talk has no place in my life.

My mind, body and soul are fit and strong.

I am grateful for the things I have.

I love myself for who I am.

I grow in strength with every forward step I take.

I can do anything I set my mind to do.

When I breathe, I inhale confidence and exhale fear.

I live in the present and am confident of the future.

I am self-reliant, creative and persistent in whatever I do.

I love challenges. They bring out the best in me.

Today I am willing to fail in order to succeed.

I am proud of myself for even daring to try.

I am a unique and special person worthy of respect from others.

I like myself better and better each and every day.

It matters little what others say. What matters is how I react and what I believe.

My mind is full of gratitude for my lovely and wonderful life.