



BLUE PHOENIX RISING

Live Fully, Live Joyously, Live Confidently



Positive affirmations will help you dissolve anxiety. The more you repeat your affirmations, the more confident you'll feel. Positive statements work because they lead you to focus on positive self-talk and thinking while leaving worrisome thoughts aside.

Here are some examples to get you started.

I am doing my best.

I have the power to choose my thoughts.

I am believing in myself.

I trust myself.

I am capable of making good choices that serve my highest good.

I am choosing to take things one day at a time.

I remember to inhale peacefully easily.

This feeling is only temporary.

I am loved and accepted.

I am deserving of all the good things life has to offer.

I am enough.

I am worthy.

I have a voice and I use it to express myself with grace and poise.

I love myself.

I forgive myself.

I let go and I am free.

I am doing the best I can and that is enough.

Perfection is not a destination, and I am choosing to do my best.

I release the past and embrace the present moment.

I know how to switch an unhelpful thought to a positive powerful one.

I can handle whatever comes my way.

I am brave.

As I breathe, I am calm and relaxed.

I act with confidence because I know what I am doing.

I celebrate my uniqueness; I have much to offer the world.

My inner magnet attracts the right people to me.

I love and I am loved and accepted.



