



**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.



