

Examples of positive affirmations

- I am a good person
- I am a loving person
- I am fine as I am
- I am worthy
- I am a valuable person
- I am honourable
- I am lovable and likeable
- I am deserving
- I am trustworthy
- I am capable
- I am competent
- I am strong
- I am in control of my body and my mind
- I am in control of my choices and decisions
- I am in control of all my responses
- I am intelligent
- I am significant
- I am important
- I matter
- I am in control of my destiny
- I am whole
- I am free from the past
- I am free to love and be loved
- I am pure
- I am clean
- I am innocent
- I am free to choose