

Personal Affirmations...

I live a life free from worry and fear.

I am brave and courageous, and I can do anything I put my mind to. Fear and worry pass me by because I am strong. I refuse to allow worries and fears to bother me or make a home in my thoughts.

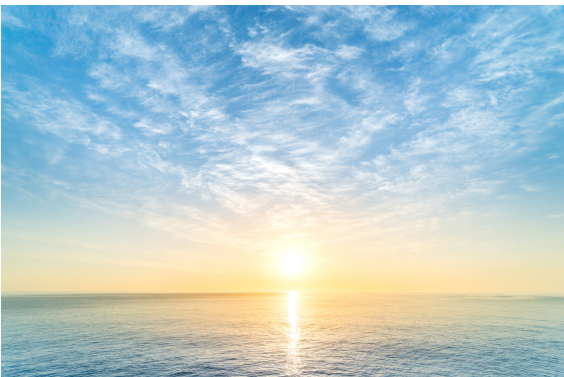
I know I have control over my own destiny, and I choose to move into that destiny boldly and without hesitation. Running away solves nothing! I work toward my goals with courage and perseverance, creating a destiny of success.

Worries and fears are absent from my life.

I let the past stay in the past, without regrets or worries to cloud my present. I focus on the wonders of each new day and I shrug off fear about the future, since I trust that good things will come. I am happy, content, and brave.

I take on tasks with strength and courage.

I can accomplish my dreams because I bravely take chances and try new things that can push me forward toward my goals.



Regardless of what comes my way, I can handle it. Rather than fearing things I don't understand, I learn the facts I need to ease my concerns. No weapon formed against me can prosper, as I am capable of overcoming any challenge.

I banish fear, seek solutions, and boldly take action to get back on track. Shedding the shackles of worry and fear gives me the freedom to live with all the gusto I've got so I can enjoy my life to the fullest!

Today, I plan to be brave, courageous, and bold in everything I do.

Self-Reflection Questions:

1. How can I move forward more boldly in my life?
2. What does being brave and courageous do for me?
3. What can I accomplish if I don't let fear and worry stop me?