



# 16 Powerful Affirmations

I am enough and I know I can do this.

I am the creator of my own reality.

I honor my commitments to myself.

Today, I will learn and grow.

I am grateful for what I have.

As I breathe out, I let go of stress.

Today, I am going to be my best self.

Obstacles help me to grow and learn.

I am free of pain.

I am fearless today.

Despite any challenges, I will persevere.

I will smile and breathe deeply.

My life journey is beautiful.

I speak kindly and respectfully to myself.

I trust myself.

Today is full of possibilities!

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