

# 10 POSITIVE AFFIRMATIONS TO REPEAT DAILY *for young adults*

1. I AM CAPABLE OF ACCOMPLISHING ANYTHING.

2. IT'S OKAY TO MAKE MISTAKES AND CHANGE MY MIND.

3. PEOPLE SEEK OUT MY INDIVIDUALITY.

4. I HAVE UNIQUE AND GREAT IDEAS!

5. MY OPINION MATTERS.

6. MY FEELINGS ARE RELEVANT.

7. I KNOW AND TRUST MYSELF BETTER THAN ANYONE ELSE.

8. I HAVE A UNIQUE PERSPECTIVE – NOBODY HAS ONE LIKE I DO.

9. I CAN MAKE IMPORTANT DECISIONS SUCCESSFULLY.

10. I DESERVE TO LOVE MYSELF.