

# List of Positive Affirmations to Say Every Day

## SHORT DAILY AFFIRMATIONS

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- I matter.
- My life has a purpose.
- Happiness is a choice.
- I do not live in fear.
- I can make a difference.
- All problems have solutions.
- I am enough.
- I am smart and capable.
- I deserve to be loved.
- I am an overcomer.

## AFFIRMATIONS FOR MENTAL HEALTH

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- I am not alone in my struggles.
- My scars prove my strength, not my weakness.
- I will never give up on myself.
- I am creative and strategic when I face new struggles.
- Each day brings a new chance to thrive.
- Each new day is a fresh start.
- I am patient and kind to myself.
- My illness does not limit my happiness.
- My health challenges make me a warrior.
- My mind is quiet and strong.
- My mental well-being is a priority.
- I take care of myself.
- I look for new ways to overcome my challenges.
- Having a mental illness is not the same as being mentally ill.

## MY PERSONAL AFFIRMATIONS

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- I have many goals and dreams and I don't give up until I achieve them.
- I base my happiness on my progress.
- I live each day and find joy.
- I feel peace along with my pain.
- I can create the life I deserve.
- Challenges are opportunities for growth.
- Mistakes are the starting point for success.
- I have the heart of a Warrior

## AFFIRMATIONS FOR SELF-ESTEEM AND CONFIDENCE

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- I will never give up on myself.
- I embrace new challenges and try new strategies to work through them.
- I strive for progress, not perfection.
- I am a work in progress.
- I am a dream-chaser.
- I am capable of so much.
- My past mistakes have been learning experiences.
- I can get through anything.
- I have many goals and dreams and I can achieve them.
- I am worthy of love and happiness.
- I can make my dreams happen.
- I can create the life I deserve.
- I know my good qualities.
- Past performance does not equal future success.
- I trust my ability to make good decisions.

## AFFIRMATIONS FOR STRENGTH AND COURAGE

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- I am a warrior full of courageousness and hope.
- My potential for happiness is not limited by my chronic illness.
- My health challenges make me stronger.
- My illness does not define me.
- I am courageous and fight to live each day with joy.
- I can thrive, not just survive.
- It's okay to not be okay.
- Crying is not a sign of weakness.
- Every challenge has a hidden treasure.
- Courage runs through my veins.
- Being strong is my way of life.
- Each day has the potential for new happiness.
- I wake up each morning ready to face new challenges.

# AFFIRMATIONS

I have many goals and dreams and I can achieve them.



I am courageous and fight to live each day with joy.



I can thrive, not just survive.



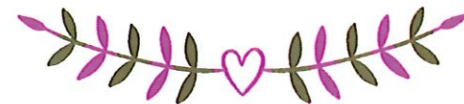
My health challenges make me a warrior.



Happiness is a choice.



My potential for happiness is not limited by my chronic illness.



# AFFIRMATIONS

I embrace new challenges  
and try new strategies to  
work through them.



I strive for progress,  
not perfection.



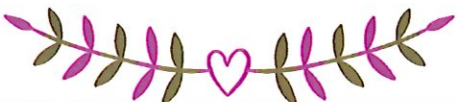
I can make a  
difference.



I am patient and  
kind to myself.



Each day brings a  
new chance to thrive.

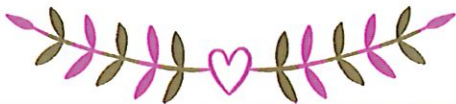


I am a warrior full of  
courageousness and  
hope.



# AFFIRMATIONS

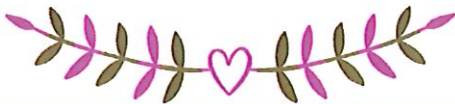
I possess the qualities  
needed to . . .



I base my happiness on . . .



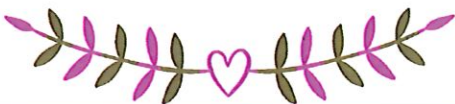
I choose . . .



I deserve . . .



I am . . .

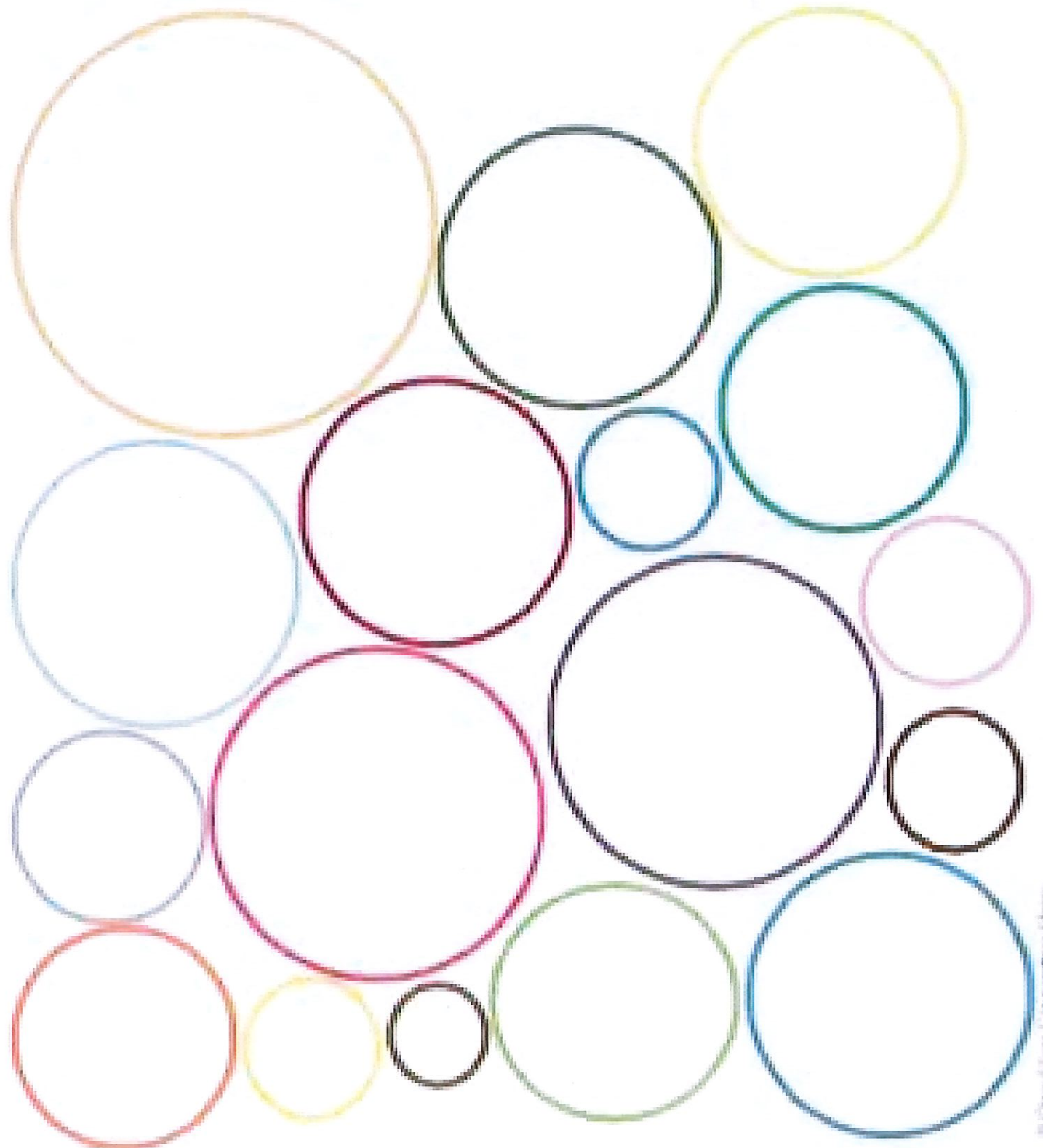


I know . . .



# I AM AWESOME!

I can write or draw positive things about me!



# Quotes to INSPIRE

Challenges are what make life interesting and overcoming them is what makes life meaningful.

-Joshua J. Marine

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You can't be brave if you've only had wonderful things happen to you. -Mary Tyler Moore

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Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are. -Arthur Golden

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You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give. -Eleanor Roosevelt

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Turn your wounds into wisdom. —Oprah Winfrey

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There is no need to be ashamed of tears, for tears bear witness that a man has the greatest of courage, the courage to suffer. -Viktor Frankl

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There are two ways of exerting one's strength: one is pushing down, the other is pulling up. -Booker T. Washington

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Nothing is more beautiful than the smile that has struggled through the tears. -Demi Lovato

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Hard times don't create heroes. It is during the hard times when the hero within us is revealed. -Bob Riley

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A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles. -Christopher Reeve

# Quotes to Inspire

Strength does not come from physical capacity. It comes from an indomitable will. –Mohandas Gandhi

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Never be ashamed of a scar. It simply means that you were stronger than whatever tried to hurt you. –Unknown

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You never know how strong you are until being strong is the only choice you have.–Unknown

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Strength isn't about how much you can handle before you break, it's about how much you can handle after you break. –Unknown

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If you don't like something change it; if you can't change it, change the way you think about it. - Mary Engelbreit

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Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow. –Mary Anne Radmacher

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When you stand and share your story in an empowering way, your story will heal you and your story will heal somebody else. - Iyanla Vanzant

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In the midst of winter, I finally learned that there was in me an invincible summer. - Albert Camus

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Worry never robs tomorrow of its sorrow, it only saps today of its joy. -Leo Buscaglia

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We must accept finite disappointment, but we must never lose infinite hope. - Martin Luther King



# My Favorite Quotes