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Self Esteem Affirmations

1. I am brave
2. I am strong
3. I am perfect just the way I am
4. I am confident
5. I matter
6. I'm me, I'm enough
7. I believe in myself
8. I'm courageous
9. I'm resilient
10. I'm proud of myself



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Success Affirmations

1. I reach my goals
2. I reach for the stars
3. I can do anything I put my mind to
4. My mistakes make me learn and grow
5. I always do my best
6. I believe in my dreams
7. My ideas are unique
8. I can do hard things
9. My challenges make me grow
10. I have the power to make my dreams come true



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Empathy Affirmations

1. I am Love
2. I am helpful
3. I am a good friend
4. I care for others
5. I have a lot of kindness to give
6. The world is beautiful
7. My heart is open
8. I see the good in others
9. Every person deserves love
10. I encourage and inspire others



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Leadership Affirmations

1. Today I am a leader
2. I have leadership skills
3. I treat others with respect
4. I have the ability to make a positive change
5. I'm able to handle difficult situations
6. I bring out the best in others
7. I'm a good listener
8. I lead others by setting a positive example
9. I embrace responsibility
10. I'm a good decision maker



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Gratitude Affirmations

1. I am grateful for the life I have
2. I'm grateful for who I am and what I have
3. Thankful for this new day
4. I invite gratitude into my heart
5. Today I will have an attitude filled with gratitude
6. I'm thankful for my family and friends
7. I'm thankful for learning and growing
8. My life is filled with abundance of love and goodness
9. I'm blessed
10. Everywhere I look I see something to be thankful for



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Calmness Affirmations

1. I'm letting go of all my worries and fears
2. I'm relaxed and calm
3. I'm in control of my feelings
4. My thoughts are calming down
5. Challenges bring more opportunity
6. I see stressful situations as a challenge
7. I'm breathing slowly and deeply
8. I'm comfortable and calm when I'm around others
9. All my problems have solutions
10. I choose to be happy



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Positive Thinking Affirmations

1. I get better every single day
2. I'm valuable and important to this planet
3. I'm truly amazing
4. I'm good enough exactly the way I am
5. I love to learn new things
6. I can learn anything
7. I will grow my brain everyday
8. I make good choices
9. I can make a difference in the world
10. I can achieve anything if I put effort



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Spiritual Affirmations

1. God loves me
2. God has a great plan for my life
3. I'm blessed
4. All things are possible for me because I believe
5. I'm never alone
6. I'm safe in god's care
7. God has given me love and self-control
8. I'm a gift from god
9. God is with me every step of the way
10. God gives me strength to reach my goals



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Resilient Affirmations

1. I will keep going till I'm proud
2. I can climb any mountain
3. If I fall, I will stand up and walk tall
4. Challenges will make me stronger
5. I can get through anything
6. I'm unstoppable
7. I will keep trying till I achieve my goals
8. I don't give up
9. I can take on any challenge
10. I'm a fighter



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Memory Power Affirmations

1. I recall information quickly
2. I store new facts efficiently
3. I have a great memory
4. I have a clear mind
5. I can focus
6. My memory is excellent
7. I can remember what I learn
8. I have a reliable memory
9. I remember important information
10. I can concentrate well