

AFFIRMATIONS

Boosting YOur Self-Esteem

Mindventure

LIVE YOUR BEST ADVENTURE TODAY

bit
madness
is key

Stay
strong

Keep
going!

Worry
less,
live

Self Esteem Affirmations: Why They Help?

- ✔ When threatened, self-affirmations can restore self-competence by allowing individuals to reflect on sources of self-worth, such as core values."
- ✔ Your Self-Esteem Influences The Choices You Make
- ✔ Benefits of using self-affirmations especially in stressful or threatening situations are
 - affirmations can decrease stress,
 - increase well being,
 - improve academic performance and
 - make people more open to behavior change

Here are some helpful tips for using affirmations for your self-esteem:

Commit

- Repeat one affirmation at a time that best resonates with you.
- Find an appropriate time at least once a day (2-3 is even better)
- Repeat the affirmation 10 times per round
- Say the affirmation aloud.
- Once comfortable, add looking in the mirror (this helps you see yourself more clearly and learn to look at yourself with a loving view)
- Visualize, imagine and believe what you are saying to yourself - practice as this may take some time to embody.

Be Kind and Compassionate with yourself

Know that you are not alone, if you find it difficult to positively affirm yourself. Its important to be kind and compassionate with yourself and practice it daily.

Find the research references [here](#)

Inspirational Affirmations for Boosting Self-Esteem

1. I am worthy of love and respect.
2. I believe in my abilities and express my true self with ease.
3. I am confident in my unique skills and talents.
4. I deserve happiness and success in all areas of my life.
5. I am proud of who I am and all that I have accomplished.
6. I am enough just as I am.
7. I trust myself to make the best decisions for my life.
8. I embrace my imperfections and see them as strengths.
9. I am confident in my abilities.
10. I am worthy of success.
11. I let go of self-judgment and welcome self-compassion.
12. I am resilient and capable of overcoming obstacles.
13. I breathe deeply and centre myself before beginning my tasks.
14. I am mindful of my strengths and use them to my advantage.
15. I am kind to myself when challenges arise.
16. I celebrate my small victories and build upon them.
17. I accept my imperfections and find beauty in them.
18. I release the need to compare myself to others.
19. I am in control of my thoughts and emotions.
20. I am deserving of all the good things life has to offer.
21. I radiate confidence and positivity.
22. I am resilient and can handle whatever comes my way.
23. I am worthy of all the compliments I receive.
24. I believe in my dreams and their fulfillment.
25. I am deserving of my own self-love and compassion.
26. I am a valuable and important person, and I am deserving of respect from others.
27. I am capable of achieving my goals and manifesting my dreams.
28. I am beautiful, inside and out.
29. I am growing and becoming a better version of myself every day.
30. I trust in the process and remain present.



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“My mission in life is not merely to survive,
but to thrive

And to do so with some passion, some
compassion, some humour and some style”

– Maya Angelou



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“The more grateful I am, the more
beauty I see.”

Mary Davis

“Gratitude wakes us up to
the goodness and beauty in life.
But we have to choose it.”

Tamara Levitt