



AUTHENTIC ARMOUR
philosophy + lifestyle

AFFIRMATIONS:
TO START YOUR DAY

WHAT ARE AFFIRMATIONS?

Affirmations are positive statements or phrases that you repeat to yourself regularly to reinforce a desired belief, behaviour, or outcome. They are used to challenge and overcome negative thoughts and beliefs, replacing them with more empowering and constructive ones. Affirmations are often used in practices like positive thinking, self-improvement, and personal development to help individuals cultivate a positive mindset, boost self-confidence, and manifest their goals and desires.

By consistently repeating affirmations, individuals can reprogram their subconscious mind and create a more positive and supportive internal dialogue.



- Today, I choose to embrace my authenticity, cultivate resilience, and live boldly in alignment with my true self. I am capable, courageous, and worthy of creating the life I desire. With each step I take, I empower myself to thrive and unlock my full potential. I am ready to embrace the possibilities and seize the opportunities that come my way. Today, I am unstoppable.
- Today, I choose joy and abundance in all areas of my life.
- I am worthy of love, success, and happiness.
- I trust in my ability to handle any challenges that come my way.
- I am grateful for the opportunities that today will bring.
- I am confident in my abilities and trust in my intuition.
- I radiate positivity and attract positive experiences into my life.
- I am deserving of all the good things that come my way.
- I embrace change and see it as an opportunity for growth.
- I am capable, strong, and resilient in the face of adversity.
- I am the architect of my life, and I choose to build it with love, kindness, and purpose.

