



AUTHENTIC ARMOUR
philosophy + lifestyle

AFFIRMATIONS:
STEPPING OUT OF COMFORT ZONE

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.



Repeat these affirmations whenever you feel nervous or hesitant about stepping outside of your comfort zone. They will help you shift your mindset and approach new experiences with confidence, courage, and enthusiasm.

- I trust in my ability to handle new challenges with ease and grace.
- Stepping out of my comfort zone is where growth and magic happen.
- I am brave, and I embrace the unknown with confidence.
- I am expanding my comfort zone and discovering new possibilities.
- I am worthy of success and abundance, even outside of my comfort zone.
- I release fear and doubt, knowing that I am supported by my inner strength.
- I am capable of achieving anything I set my mind to, regardless of discomfort.
- I welcome new experiences and opportunities with an open heart and mind.
- I am excited to challenge myself and see what I am truly capable of.
- I trust that stepping outside of my comfort zone leads me closer to my goals and dreams.

