



AUTHENTIC ARMOUR  
philosophy + lifestyle

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AFFIRMATIONS:  
CONFIDENCE

# 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.



- I am confident in my abilities and trust myself to overcome any challenge.
- I radiate strength and courage in all that I do.
- I am worthy of success and deserve to pursue my dreams.
- I trust in my intuition and follow my inner guidance with confidence.
- I am empowered to create positive change in my life and the world around me.
- I stand tall and speak my truth with conviction.
- I embrace my uniqueness and celebrate my individuality.
- I release self-doubt and embrace my inner power.
- I am resilient, adaptable, and capable of handling whatever comes my way.
- I am the architect of my destiny, and I create my reality with confidence and purpose.
- I am worthy of love, respect, and success in all areas of my life.
- I am unstoppable, and nothing can hold me back from achieving my goals.
- I trust in my ability to navigate challenges and emerge stronger on the other side.
- I am worthy of all the good things life has to offer, and I embrace them with open arms.
- I am confident, empowered, and ready to take on the world.

