



AUTHENTIC ARMOUR  
philosophy + lifestyle

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AFFIRMATIONS:  
GROWTH MINDSET AFFIRMATIONS

# 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 regularly to reinforce a growth mindset and embrace challenges with optimism and resilience. Over time, you'll cultivate a mindset that fosters continuous learning, development, and personal growth.

- I embrace challenges as opportunities for growth.
- I believe in my ability to learn and improve.
- I am resilient and capable of overcoming obstacles.
- Mistakes are opportunities for learning and growth.
- I persist in the face of setbacks and setbacks make me stronger.
- I am open to feedback and use it to grow and improve.
- I celebrate the success and growth of others.
- My potential is limitless, and I am constantly evolving.
- I see effort as the path to mastery and success.
- I thrive on learning and expanding my skills and knowledge.

