

Confidence Affirmations

Twenty-two futures with audio: back yourself daily

- 1 I back myself before the proof shows up.
- 2 Confidence isn't a mood. It's a decision I keep making.
- 3 I am someone who figures it out.
- 4 I've handled every hard thing so far. I can handle this one.
- 5 Every promise I keep to myself makes me harder to shake.
- 6 Doubt wants evidence, so I show it my track record.
- 7 I walk in like I belong there, because I do.
- 8 I'm done shrinking so nobody feels uncomfortable.
- 9 I stopped auditioning for a part that was already mine.
- 10 My voice can shake and still tell the truth.
- 11 I ask for what I want like I expect to get it.



- 12 I'd rather be seen trying than hidden and safe.
- 13 A no is information, not a verdict.
- 14 I speak up before I feel ready. Ready always runs late.
- 15 Getting it wrong doesn't scare me. Staying small does.
- 16 I am not for everyone, and I stopped trying to be.
- 17 I take the compliment. I earned it.
- 18 Somebody else winning is not me losing.
- 19 Whatever happens next, I'm the one I can count on.
- 20 I answer doubt with a decision.
- 21 Nobody talks me out of me. Not even me.
- 22 I am my own proof.

How to practice

Read one out loud each morning, like you mean it. Pin these pages where your morning happens. When a line stops feeling new, move to the next.



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