

Affirmations for Men

Ninety-nine futures for men, with audio: nothing to prove

THE DAILY CUT

- 1 I am exactly who I say I am.
- 2 I like who I am.
- 3 I am the real deal.
- 4 I am at the top of my game.
- 5 My word is good.
- 6 I get things done.
- 7 I am excellent at what I do.
- 8 I am going somewhere.
- 9 The best years are ahead of me.
- 10 Nothing I want is out of reach.
- 11 I have a big life.



- 12 I have been through worse.
- 13 I get back up.
- 14 I keep my cool.
- 15 I decide how today goes.
- 16 I am unbothered.
- 17 I carry myself well.
- 18 I command respect.
- 19 I am in great shape.
- 20 I feel good in my own body.
- 21 I say what I mean.
- 22 I eat well and I sleep enough.

I AM AFFIRMATIONS FOR MEN

- 23 I am a good man.
- 24 I am proud of myself.
- 25 I am worth as much on my days off.
- 26 I have nothing to prove to anybody.



- 27 I am exceptional.
- 28 I am not what I get done.
- 29 I take the compliment.
- 30 I am enough on my worst day.
- 31 I am allowed to think well of myself.
- 32 I am somebody.
- 33 I respect the man I am.

POSITIVE AFFIRMATIONS FOR MEN WITH ANXIETY AND DEPRESSION

- 34 I am allowed to have a hard day.
- 35 I am whole.
- 36 I am not a lost cause.
- 37 I say exactly what I am going through.
- 38 Today can be day one again.
- 39 I know how to start over.
- 40 I tell the truth out loud.
- 41 A bad week takes nothing away from me.



42 I start again as many times as it takes.

43 I stay in the fight.

44 I am still here.

AFFIRMATIONS FOR MEN ON LONELINESS, FRIENDSHIP, AND ASKING FOR HELP

45 I am not above asking.

46 I am good at asking for help.

47 I go first.

48 I start the conversation.

49 I can ask for a hand.

50 I make the first call.

51 I can say I'm not doing great.

52 I take the help when it's offered.

53 I am good company.

54 I am wanted where I show up.

55 I don't have to be useful to belong.

STOIC AFFIRMATIONS FOR MEN

56 I am in charge of what I do next.



- 57 My response is mine to choose.
- 58 I put down what was never mine to carry.
- 59 I keep my head when it counts.
- 60 I decide what gets my attention.
- 61 Other people's moods are their own.
- 62 Nothing today gets to decide who I am.
- 63 I let the rest go.
- 64 I trust my own judgment.
- 65 I take my time before I answer.
- 66 I stay steady.

STRENGTH AFFIRMATIONS FOR MEN

- 67 My body does what I ask of it.
- 68 My body is powerful.
- 69 I am stronger than I was last year.
- 70 I carry heavy loads.
- 71 My rest makes me stronger.



- 72 My body follows my lead.
- 73 I train hard and I recover well.
- 74 I am built to last.
- 75 I love what my body can do.
- 76 I give my body the rest it needs.
- 77 I am durable.

AFFIRMATIONS FOR MEN ON PURPOSE AND DISCIPLINE

- 78 I know where I am going.
- 79 My purpose is clear.
- 80 I am building something real.
- 81 I do what I said I would do.
- 82 I follow through.
- 83 I love the work I am doing.
- 84 I do the boring parts of the work.
- 85 I keep things steady for the people I love.
- 86 I am in this for the long haul.



87 I am the one people count on.

88 I am worth following.

AFFIRMATIONS FOR DADS AND FATHERS

89 My kids know exactly who I am.

90 Showing up is what I give them.

91 My kids will know they were wanted.

92 I give my children what I never got.

93 They can tell me anything.

94 I am there. That is what they get to keep.

95 My kids can hear me say sorry.

96 They get the patience I never had.

97 They have my full attention.



98 Being there is the whole thing.

99 I am a good father.

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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