

Self-Talk Affirmations

Twenty-two futures with audio: retrain your inner voice

- 1 What I repeat, I become.
- 2 I am what I keep telling myself.
- 3 My mind is a muscle, and I train it daily.
- 4 I'm not stuck. Change starts with the next thought I repeat.
- 5 My thoughts aren't orders. I choose which ones to follow.
- 6 I don't believe every thought I have.
- 7 I catch the spiral early and choose a truer thought.
- 8 My story goes the way I keep telling it.
- 9 I feed the thoughts I want to grow and starve the rest.
- 10 I'm proud of how far I've come.
- 11 I hype myself up like I would a friend.



- 12 The voice in my head works for me now.
 - 13 I talk about myself like I'm on my own side.
 - 14 I measure myself by who I was yesterday.
 - 15 I picture it going right, not wrong.
 - 16 I look for proof it's working, and I find it.
 - 17 I believe it before I see it.
 - 18 Some days I won't feel it. I show up anyway.
 - 19 I don't need certainty. I need the next rep.
 - 20 The boring, daily reps are the ones that change me.
 - 21 Every rep is a vote for who I'm becoming.
 - 22 I'm becoming who I practice being.
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How to practice

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



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