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.

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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