

# Positive Affirmations for Work

Ninety-nine futures for work you'd actually say out loud

## THE DAILY CUT

- 1 I am very good at this.
- 2 I know what I'm doing.
- 3 I am capable.
- 4 My work matters.
- 5 I am not behind.
- 6 I am worth listening to.
- 7 I make things happen.
- 8 I am impressive.
- 9 I am in demand.
- 10 I am nowhere near done.
- 11 I trust myself to figure it out.



- 12 I am excellent under pressure.
- 13 Nothing on my plate is bigger than me.
- 14 I enjoy my job.
- 15 People count on me.
- 16 I get better every year.
- 17 I get to want more.
- 18 I already have what I need.
- 19 I am known for good work.
- 20 I am myself at work.
- 21 I show up and I keep showing up.
- 22 I am on my way.

#### I AM AFFIRMATIONS FOR WORK

- 23 I am not my job title.
- 24 I know my own value.
- 25 I am somebody before I am useful.
- 26 I am a whole person.



- 27 This job did not invent me.
- 28 Nobody hands me my worth.
- 29 I am the same person in every room.
- 30 I am still me after a bad day.
- 31 I am somebody worth knowing.
- 32 I can have an average day.
- 33 I am proud of the life I'm building.

## AFFIRMATIONS FOR IMPOSTER SYNDROME AT WORK

- 34 I am new here and I am good.
- 35 I belong here.
- 36 I belong before I prove anything.
- 37 I know my work cold.
- 38 I did not get lucky.
- 39 I have been good at this a long time.
- 40 I see what other people miss.
- 41 I ask questions and I still know my work.



42 There is nothing to find out.

43 I am equal to anyone in this room.

44 I earned my place.

AFFIRMATIONS FOR COWORKERS AND  
WORK RELATIONSHIPS

45 I am easy to be around.

46 People hear me.

47 What I say sticks.

48 My voice carries.

49 I finish my sentence when someone cuts in.

50 I hold my own with difficult people.

51 I look anyone in the eye.

52 I listen well and speak plainly.

53 I can disagree with someone and stay kind.

54 I treat the newest person like they matter.

55 I am good to work with.

AFFIRMATIONS FOR WORK STRESS AND ANXIETY

56 I have room for this.



- 57 I hold a lot at once.
- 58 I am hard to rattle.
- 59 There is enough of me for today.
- 60 How much there is says nothing about me.
- 61 A long list does not describe me.
- 62 I know who I am on a full day.
- 63 I have carried heavier than this.
- 64 I close the day and mean it.
- 65 The day ends and I am done with it.
- 66 I leave tomorrow's work for tomorrow.

AFFIRMATIONS FOR MISTAKES AND CRITICISM AT WORK

- 67 I have been wrong plenty and I keep working.
- 68 I get it wrong and I go again.
- 69 I mess something up and I keep moving.
- 70 I recover fast.
- 71 I can be told anything.



- 72 I can hear what I did wrong.
- 73 I can take direct criticism.
- 74 I ask what I missed.
- 75 I own my mistakes out loud.
- 76 I learn my work by getting it wrong.
- 77 I get good by doing.

AFFIRMATIONS FOR A NEW JOB AND WHAT'S NEXT

- 78 I have started over before and I know how.
- 79 I am not starting from nothing.
- 80 Everything I learned comes with me.
- 81 I can start again at any age.
- 82 There is work out there for me.
- 83 Somebody out there needs exactly what I do.
- 84 I am worth hiring right now.
- 85 I got hired before and I am better now.
- 86 I have not used up my good years.



87 I am allowed to leave.

88 I want a life that fits me better.

AFFIRMATIONS FOR CAREER GROWTH  
AND PROMOTION

89 I do good work and people know it.

90 People notice what I do.

91 My work stands out.

92 I make myself impossible to overlook.

93 I put my hand up.

94 When I want something, I say it.

95 I am not waiting to be chosen.

96 I put my name forward.

97 I let myself be seen.



98 I take up room.

99 It is my turn and I take it.

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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 line stops feeling new, move to the next.



[FUTURECASTAPP.COM/AFFIRMATIONS/WORK](https://futurecastapp.com/affirmations/work)

