

## MY SELF-CONFIDENCE IS INCREASING

My self-confidence is increasing as I become wiser each day. I am learning that I am intelligent and valuable. I ignore the negative things said to me by those in my past about my character and abilities. By putting aside my past, I can look at my present with objectivity.

I erase the thoughts of my past. I am now a new creation who is loved and wanted. There are talents and gifts within me that make me valuable to the world.

When I focus on the gifts that I can contribute, I feel proud of myself. I reject thoughts that entice me to compare myself with others. Comparison only causes stress and pain. Instead, I train my eyes to look for things to be thankful for.

The best way to boost my self-confidence is to surround myself with people who love me and speak positively. Negative people only bring self-doubt. I stay away from negative people to protect my mind from their comments.

I am learning to ignore the negativity around me. I shut out the voice in my head that tells me I am not good enough because I know I am more than good enough. My self-confidence increases when I recognize that my life is unique and worth far more than anything money could buy.

Today, I choose to believe in myself. I see myself through the eyes of my Creator who designed me with love and care. As I change the way I look at myself, I strengthen my confidence.

## REFLECTION QUESTIONS

**1**

How can I focus on my gifts and contributions to boost my self-confidence?

**2**

What steps can I take to surround myself with positive influences?

**3**

How can I change my perspective to see myself as valuable and unique?