

EACH DAY, MY SELF-CONFIDENCE GROWS STRONGER

I become wiser and more aware of my true value with every passing moment. I release any negative words spoken to me in the past and recognize that they do not define who I am. I can focus on the present with clarity and objectivity by letting go of the past.

I am a new creation, loved and wanted, with unique talents and gifts that make me invaluable to the world. I feel proud and confident when I concentrate on my contributions and accomplishments. I refuse to compare myself to others, leading to stress and self-doubt. Instead, I focus on gratitude and all the positive aspects of my life.

I surround myself with positive and uplifting people who love and support me, knowing that negativity only hinders my growth. I ignore negativity around me and shut out negative self-talk that tries to convince me I am not good enough. I am confident in my uniqueness and know that my worth is immeasurable.

Today, I believe in myself and see myself through the eyes of my Creator, who made me with love and care. As I shift my perception and focus on my strengths, my self-confidence strengthens and flourishes.

REFLECTION QUESTIONS

1

Who are the people in my life that uplift and encourage me?

2

How can I reframe my self-talk to focus on positivity and self-affirmation?

3

Why is it important to distance myself from negativity and protect my mental well-being?