



## Train Your Brain Affirmations

1. I don't know how yet, but I will figure it out.
2. I can do it.
3. I am likeable.
4. I am unique and that's a great thing.
5. I am a good person.
6. I can tell Red Rant to be quiet.
7. I am strong.
8. I can handle whatever happens.
9. I get stronger and more confident every day.
10. I can ask for help because I am worth it.
11. I am lovable.
12. I am ok just the way I am.
13. I deserve to be treated with respect and kindness.
14. I am a good friend.
15. I have friends who love me.
16. I accept others just as they are.
17. I have the right to ask for what I want/need.
18. I have a lot of good talents.
19. I have a right to my feelings.
20. I deserve to be here.
21. I like myself.
22. I am loved.
23. I am safe.
24. I will be ok.
25. I can be a leader.
26. Everything will work out.
27. I am courageous and can push through my fears.
28. I accept my body as it is.
29. I forgive others for their mistakes.
30. I get better and better every day.
31. My words are important.
32. I trust my decisions.
33. I'm not perfect and that is ok.
34. I am fun to be around.
35. I am responsible for my own happiness.
36. I am proud of myself.
37. I deserve to be treated nicely.
38. I help those in need.
39. I believe in myself.
40. I am a good friend.
41. Every problem has an answer.
42. I am brave.
43. I am exactly where I need to be.
44. I can become whatever I want to be.
45. My words are important.
46. I am thankful.
47. I can laugh at myself.
48. What I have to say is important.
49. I am trustworthy – I do what I say I'm going to do.
50. It's OK to change my mind.
51. I am human. I make mistakes. I will learn from them. I am willing to correct them.
52. I accept and love myself.
53. I am helpful.
54. I am important.
55. I work hard.
56. Life is fun.
57. I approve of myself.
58. I am thankful for who I am.
59. I see the good in myself.
60. I support others with love and kindness.
61. I am proud of myself.
62. I am beautiful.
63. I love my family and friends.
64. I believe in my dreams.
65. I have the courage to be myself.
66. I play an important role in the world.
67. I take care of my responsibilities.
68. I like being challenged.
69. I am a winner.
70. I enjoy being happy.
71. I am awesome.
72. I keep my body healthy.
73. I am patient.
74. I reach for the stars.
75. I live **The 12 Cs**.