



Positive Affirmations to Reshape Thought Patterns, Boost Confidence and Manage Stress

Positive affirmations are evidence-based tools that improve mental health. They work by rewiring pathways in your brain, helping to reduce anxiety and boost self-worth. Over time, saying positive, present-tense statements help decrease negative self-talk, lower stress-related cortisol and increase dopamine.

I am capable.

My challenges help me grow and improve every day.

My self-worth is not set by what I accomplish.

I am focused on living a balanced life.

The boundaries I set will protect me and my relationships.

I choose to embrace peace and harmony.

I am allowed to ask for what I need.

It's OK to take things one step at a time.

I am valued and helpful.

I am worthy of happiness and health.

I choose peace over anxiety.

My well-being is a priority and I am committed to nurturing it.

I prioritize my rest, peace of mind and healing.

I am safe and surrounded by love and support.

I am growing at my own pace.

I am resilient and capable of facing any challenge that comes my way.

I deserve the same kindness I give to others and I extend that kindness to myself.

I am focusing on what's important to me.

I will allow myself to rest when my body needs it.

I believe in myself and my abilities.

I leave what no longer serves me in the past.

I'm allowed to make mistakes.

I am grateful for my body and treat it with love and care.

I inhale peace and exhale anger.

I choose to see the beauty in myself and others.

I am deserving of forgiveness and grace from myself and others.

I am in control of my thoughts and choose to be positive.

I am strong enough to handle this.

I am in control of my own life.

I choose to focus on the positives in my life.

I am not my diagnosis and my mental challenges don't define who I am.

I have the power to change my story.

I am worthy of love and respect and healthy relationships.

Learn More:

[100 Positive Affirmations for Better Self-Care \(Crisis Text Line\)](#)

[Affirmations to Remind You of Your Power \(Mental Health America\)](#)

[Positive Mental Health Affirmations \(Mental Health.com\)](#)