

Daily

AFFIRMATIONS



“I am safe and supported in my journey to overcoming fear.”

“I trust in my ability to manage and navigate challenging situations.”

“I choose to focus on the present moment and let go of fear.”

“I am in control of my thoughts and emotions.”

“I celebrate my progress, no matter how small, as I move forward on my path.”

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Six empty, rounded rectangular boxes stacked vertically, intended for writing affirmations.