

SELF-CONFIDENCE -- SUBLIMINAL AFFIRMATIONS

What follows below are all the affirmations used in this recording.

1. I hold only good, positive thoughts in my mind about myself knowing that they will be expressed in my life.
2. I have ideas, thoughts, and feelings which are worth sharing with others.
3. I am an important, valuable, and worthwhile human being just because I'm me.
4. I enjoy being me. I have a zest for living. I feel warm and happy toward myself.
5. I control my self-talk, and I'm very positive at all times.
6. I am actively in charge of my life.
7. I feel and act poised and comfortable among strangers.
8. I look forward to new experiences with a confident, quiet excitement.
9. I am filled with confidence.
10. I'm very decisive, and I'm confident of the decisions I make.
11. I face each day with confidence and enthusiasm ready to handle any problems with calmness and assurance.
12. I refuse to let outer pressures disturb or distract me.
13. I move and act from my own center of peace and poise.
14. I have all the strength I need.
15. I have all the time I need.
16. I have all the wisdom I need.

17. I like myself, and I like liking myself.

18. I never put myself down or undercut myself in a destructive way.

19. I am filled with relaxed self-assurance. I am sure of myself in all situations and with all people.

20. I am completely self-determined and I allow others that same right.

21. I'm optimistic about life and I look forward to and enjoy new challenges.

22. I am my own expert, unaffected by the negative attitudes and opinions of others.