**Examples of Self-Affirmation Scripts**

* I am learning to be more and more capable
* I know who I am
* I am enough
* I choose to be present in what I do
* I can learn to manage my energy
* My life is a learning experience
* I can become more and more confident
* I can take the time to observe before reacting
* I know with time and effort I can achieve what I am setting out to do
* I love challenges and what I learn from overcoming them
* Each step is taking me to where I want to be

Instructions: Pick the self-affirmation that is meaningful to you. Write down, say out loud, and reflect on the self-affirmation throughout the day. Repeat it at least 30 seconds at a time as it takes 30 seconds for the brain to create a long-term memory.