SELF-AFFIRMATIONS


Common Humanity Affirmations
Suffering and difficulty are a part of life.
Other people feel this way.
I’m not alone.
We all struggle in our lives.
May others going through this find relief.
May others with this struggle find care and support.

Self-Kindness Affirmations
May I be gentle with myself.
May I learn to accept myself as I am.
May I forgive myself for my shortcomings.
May I be strong.
May I be safe.
May I have peace.
I am strong.
I am working hard.
I know who I am and what I believe in.
I have a good heart.
I do my best to help others.
I’m doing what I can to lead a good and happy life.

Personal Growth Affirmations
I can learn to cope better with this.
I’ll deal with this one day at a time. I don’t have to project into the future.
Some of us have steeper paths to walk than others – that doesn’t make me less valuable as a human being.
Adversities develop qualities of strength and compassion.
If we could see the bigger picture, we would see that what we are feeling is for a bigger purpose.
I am learning to find peace in myself gradually over time. It takes hard work, persistence, and patience.
I am learning to take things more slowly. I am making time to take care of myself more. I am taking the time to enjoy small things to support myself.
There are many reasons that I am this way, including genetics, early experiences, and cumulative stress over time. Having more understanding allows more empathy and gentleness with myself.
Even though I feel I’m losing control, I am not going crazy or losing my mind. When I’m overwhelmed, I can slow down, take care of myself, get perspective, and reach out for help from others.
I am learning not to feed my worries.
I am learning to redirect my attention and focus on what matters rather than get lost in anxiety and worry.
When I’m overwhelmed, I can find situations or people where I feel free to express how I feel and make choices not based on fear.
When I see situations as they truly are, I realize there is nothing to be afraid of.
With each stage and experience of my life, I am gaining more confidence in myself, knowing I can handle more difficulties that come along. I realize there is less and less to fear.
I have learned that I am worthy of a spot on this earth
and that all beings are worthy of a spot on this earth.
I have learned that I am good enough right now
and that I don’t lack anything.
I have learned that aggression towards myself keeps me shut down
and disconnected from the world.
I have learned that caring makes me more delightfully curious
than I could have ever imagined.

I aspire with all my heart to delight in being human.
I aspire to touch my basic goodness so that I may
be the person I want to be.
I aspire to express my own wealth – true wealth –
so that I may better care for and understand others’ pain.
I aspire to create environments of harmony and balance
that mirror the magic of the natural world.
I aspire to transform aggression with gentleness.
I aspire to be kinder to others by being kinder to myself.
I aspire to be of deeper service to our world.

I will touch my heart whenever a self-critical thought arises.
I will be wholly myself in awkward and difficult situations.
I will acknowledge when I am letting habits get in the way
of my power to do good.
I will encourage a new economy based upon the foundation
of basic goodness, generosity, gentleness, and bravery.
I will, in the depths of loss and change, remember to remain open.
I will meditate to better understand my view and the view of others.
And,
I will just smile more.

(Inspirations by Meditation Practitioners at Being Brave Retreat, 2002)