

40 Positive Affirmations
INNER STRENGTH
AND RESILIENCE



I am strong, and I can complete anything I put my mind to.

I will not doubt my abilities.

I can overcome my unhealthy habits.

I am a work in progress, and I get better every day.

I can take care of myself, but I can also ask for help when I need it.

I do not entertain painful thoughts.

I am able to deal with difficult situations even when I am upset.

I will be okay.

I do not need others to guide me through life.

I will not let a difficult situation destroy me.

I can handle anything that comes my way.

I am in charge of my body and my life.

I can achieve my goals.

I will work to see the bright side in even the most difficult situations.

I am strong for those in my life who can't be strong on their own.

I refuse to give up on myself.

I deserve to live the life I dream of living.

I am proud of myself.

I don't give up, even when times get tough.

I am not a quitter.

I won't allow the opinions of others to tear me down.

I am stronger than my problems.

I will not let this break me.

I can move forward; I can move past this.

My mind is powerful, and I can use it to change things.

I am capable of finding a solution to any problem.

I will push past the things happening in my life right now and focus on the future.

I can push myself hard.

I will overcome this.

I won't let the challenges in my life win.

Better days are coming; I need to stay strong until they arrive.

I focus only on the positive thoughts.

I will not put myself down.

I don't let my body or mind feel panic.

I've got this.

I can do this.

I don't need to look for an escape, I can persevere.

I will not break under pressure.

I won't worry about the things I cannot control.

I am always looking for solutions to difficult situations.