

## Confidence and Success Suggestions

I am surprisingly calm and confident in all social situations.

Every day and in every way I am getting better and better.

I deeply and completely love and accept myself.

I communicate skillfully and effectively.

I am as powerful and dynamic as I need to be.

I love and accept myself where I am right now.

I love my body's good health.

I have a calm and optimistic outlook.

I am peaceful, balanced and in harmony with the universe no matter what happens.

My mind is calm and I have inner courage.

I have a lot to offer and everyone knows it.

I am talented, intelligent and creative.

I respect myself and the way I act.

I now continue to create my inner peace.

I accept myself here and now.

I am wonderful just as I am.

I am beautiful and loveable.

I choose to see my self-worth and this makes me happy.

The peaceful choices I make bring me joy.

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I am committed to myself, my goals and my values.

I am mentally and physically energized with inner strength and courage.

I am proud of myself.

I am at peace with myself, the world and everyone in it.

I am willing to be happy and successful and I deserve it.

I am kind and loving and I have a great deal to share with others.

I am optimistic and enthusiastic.

I release the past and now choose to love and approve of myself.

My heart forgives and releases the past.

I see \_\_\_\_\_ (name) as a loveless child and I forgive him / her.

I release all blame and accept the peacefulness and joy of life.

I release the old and I welcome the new.

It is safe for me to forgive myself and express my feelings freely.

I am capable of making the right decisions.

I look for the good in people.

I realize that the key to happiness is love and understanding.

I accept others as they are.

My unconscious mind guides me to make good healthful decisions.

I surround myself with positive people.

It is easy for me to think clearly and choose the proper words.

I am relaxed and comfortable around others.

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I am proud of myself for my accomplishments.

I am the master of my responses.

I give myself permission to be myself...to laugh, giggle, run, dance and cry.

I take time for relaxation daily.

Every day I set reasonable goals for myself that are easy to attain.

I do what is needed to allow my health to improve.

Everything I need to know for success is in my unconscious.

I find innovative and creative solutions for challenges in my life.

I go to bed at \_\_\_\_\_ o'clock. I choose deep and restful sleep and wake refreshed.

I only feed myself the healthiest foods and the most positive thoughts.

I am responsible for my own health and happiness.

Every day, in every way, my body regenerates, heals and balances.

I have the right to say "No".

I have the right to be treated with respect.

I exhale the stresses of my day.

I surround myself with a protective shield that absorbs only positive loving energy.

I give myself permission to refuse negative energy.

My soul guides me towards my higher power.

I meditate or pray daily.

Divine guidance assists me in my life.

All the answers are within me.

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I am in control of my responses.

Other people choose their level of happiness.

I release old guilt and I forgive myself...I choose self love and acceptance.

I take time to notice all the wonderful, positive things about myself and my life.

I easily release limiting beliefs, fears and self-doubt.

I am safe, I am loved, all is well.