



Positive Affirmation Statement List

I am a _____, _____, _____,
_____ Man or Woman!

Acceptable	Forgiven	Passionate
Appreciated	Forgiving	Powerful
Awesome	Free	Precious
Balanced	Fulfilled	Receptive
Beautiful	Generous	Refreshed
Bold	Giving	Rejuvenated
Brave	Grateful	Reliable
Bighearted	Healed	Renewed
Capable	Honest	Respectable
Caring	Honorable	Resilient
Cherished	Hopeful	Restored
Clean	Humble	Secure
Committed	Insightful	Selfless
Competent	Inspirational	Sincere
Confident	Intelligent	Strong
Cherished	Joyful	Successful
Compassionate	Kind	Thankful
Complete	Loveable	Thriving
Connected	Loving	Transformed
Courageous	Loyal	Transparent
Dedicated	New	Trusting
Decisive	Noble	Truthful
Dependable	Nurturing	Trustworthy
Desirable	Merciful	Unique
Determined	Motivated	Understanding
Disciplined	Open	Valuable
Empowered	Optimistic	Victorious
Enlightened	Patient	Vulnerable
Enthusiastic	Passionate	Whole
Faithful	Peaceful	Worthy
Focused	Positive	I Love Myself