

The Zero Excuses Challenge

Day 16 - Self Talk

I AM Affirmations

I am blessed.

I am strong.

I am talented.

I am wise.

I am disciplined.

I am focused.

I am prosperous.

I am amazing.

I am wonderful.

I am valuable.

I am beautiful.

I am healthy.

I am energetic.

I am capable.

I am a masterpiece.

I am fearfully and wonderfully made.

I am exactly who the world needs me to be.

TIP: I even have a recording of me speaking these words. I play it on days when I'm struggling to be confident and positive. I encourage you to do the same. Record yourself one day when you're feeling super confident so you'll have it for those days when it's really tough.