

# 50 Motivational Affirmations



1. I choose to take the actions needed to meet my goals.
2. I choose to place a higher value on progress rather than quick success.
3. I am determined to move forward one step at a time.
4. I am filled with energy as I take action on my plan.
5. My positive attitude and dedication enable me to reach day's goal.
6. I focus on my abilities and reinforce my self-confidence.
7. I choose to take responsibility for my own happiness.
8. I am in charge of what I think, say, and do. I will succeed.
9. I know what is best for me and I make smart decisions based on facts.
10. I easily handle issues that threaten to steal my peace.
11. I motivate myself and in doing so, I motivate others.
12. I consider other people's words and actions as I decide what I believe to be true.
13. I have faith in my abilities.
14. I watch for opportunities to take action.
15. I look for opportunities to be supportive of others.
16. I am excited about the future I am building.
17. Each day I review how my actions contribute to my ultimate success.
18. I motivate myself to take appropriate actions throughout the day.
19. I find inspiration in little things, which lead me to great accomplishments.
20. I believe it. I plan it. I do it.
21. I hold myself accountable for honoring commitments and fulfilling them.
22. I am a positive role-model to friends, family, and even strangers.

23. I inspire others to take action when I lead by example.
24. I think of mistakes as trial-run experiments and adjust my actions accordingly.
25. I choose to see something positive in every situation.
26. I discover new strengths within myself each day, as I take action.
27. I am inspired to take action each day by learning from others and the world around me.
28. I use my compassion for others to help motivate me to take action every day.
29. I use my positive mindset to overcome hurdles, making my actions look easy and feel productive.
30. I am confident that by taking calculated actions in a timely manner that I receive unlimited benefits and success.
31. I believe in myself. I deserve to accomplish my goals.
32. I am committed to anything I put my mind to.
33. I will follow through with every choice I make.
34. I find optimistic ways of dealing with difficulties.
35. I choose to participate fully in my day.
36. I have all it takes to make this day productive.
37. I am in control of my life
38. I have faith in my ability to pursue my dreams no matter what.
39. I am successful in whatever I do.
40. Every step that I take to move forward allows me to grow stronger by the day.
41. I accomplish my tasks on time because I am always fully motivated.
42. Every action I take increases my confidence.
43. Everything I think, say and do makes me healthier.
44. I am fully committed to my goals and objectives.
45. I don't give up.

46. I am focused.

47. I will do whatever it takes to reach my highest potential.

48. I welcome challenges and will persist through the hard times.

49. I have the strength to get through obstacles.

50. I take care of my body and exercise every day.