

Handout: Daily Positive Affirmations

Positive affirmations can help shift mindset, reinforce self-worth, and encourage authenticity. By consciously choosing affirmations that align with your personal values and challenges, you can counter negative self-talk and build confidence. Use the following chart as a guide to select affirmations that resonate with you, and integrate them into your daily routine for greater emotional resilience and self-acceptance.

Category	Affirmations
Overcoming social comparison	“I am enough just the way I am.” “My worth is not equated through likes, comments, or followers.” “I am worthy of love and connection, regardless of my online presence.” “I am on my very own journey about which I feel extremely proud.”
Affirmations of authenticity	“I am authentic and true to myself.” “I am not afraid to show my true self, both online and offline.” “I am worthy of real connection and intimacy.” “I choose to live a life that is in sync with my values.”
Managing digital triggers	“I am in control of my emotions and reactions.” “I choose to focus on the positive aspects of life and living day by day.” “I release the need for constant validation.” “I am confident in my ability to set healthy boundaries.”
Boosting self-esteem	“I am worthy of love and happiness.” “I can do, and I am capable.” “I am strong and resilient.” “I am worthy of good things.”
Reclaiming self-worth	“My self-worth is not defined by external validation.” “I am wanted and worthy, regardless of what others may think.” “I am loved and supported, even if I make mistakes.” “I am capable of building a full, meaningful life.”