

# Speak It, Feel It, Heal It:

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## Affirmations to Ignite Your Inner Strength

1. "I am resilient and capable of overcoming any challenge I face."
2. "My body is healing, and I trust the process of recovery and renewal."
3. "I am stronger than I feel, braver than I seem, and more capable than I believe."
4. "Every breath I take fills me with calm, confidence, and courage."
5. "I choose to release fear and embrace my inner power."
6. "I am worthy of love, healing, and joy, just as I am."
7. "With each step forward, I grow stronger in mind, body, and spirit."
8. "I trust myself to make the best decisions for my health and well-being."
9. "Challenges are opportunities to discover my strength and resilience."
10. "I am at peace with the journey I am on, knowing I am exactly where I am meant to be."