

Positive Affirmations for Courage

I can do great things.

I can try my best.

I'm always growing my knowledge and learning.

I've overcome challenges before and I can do it again.

I practice things to grow my skills.

I've got what it takes.

I am powerful.

I am unique in many ways.

I have special gifts to give my community.

I'm proud of myself and who I am.

I can do hard things.

I can learn whatever I put my mind to.

If I'm overwhelmed I can take a break and come back.

All I need to do is take the first step.

I can persevere when things get hard.

Mistakes are invitations to learn something new!

Challenges help me to learn and grow.

When I fall I will get back up, and try again!

I have unique strengths all my own.

It's ok to have a hard day.

I can do scary things (that are safe for my body).

I am courageous.

I can approach new situations with an open mind.

I've got this.

I have faith in myself.