CONFIDENCE · FREE PRINTABLE

My Affirmation Ladder

Write one affirmation for each step, starting where it feels about 70% true. Say three of them morning and night.

4

Identity

Example: I am becoming someone who trusts herself.

3

Evidence

Example: I have handled hard things before.

2

Process

Example: I'm learning to speak up a little more each day.

1

Permission

Example: I'm allowed to feel unsure and still try.

My three for today (cut this out and keep it in your wallet)

One small brave action that matches my words