Self-Trust Affirmations

30 Days - 3 times a day

Day 1 v v v	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30

1. "I trust myself to make decisions that align with my values and goals."

2. "I believe in my intuition and trust the wisdom it provides."

3. "I am confident in my abilities and trust in my capacity to handle whatever comes my way."

4. "I trust that I am worthy of success, happiness, and fulfilment."

5. "I have faith in my journey and trust that everything is unfolding as it should."

6. "I listen to my inner voice and trust the guidance it offers me."

7. "I trust that I am enough just as I am, and I embrace my strengths and weaknesses alike."

8. "I trust that I am capable of overcoming challenges and obstacles with resilience and grace."

9. "I honour my needs and desires and trust myself to prioritise self-care and well-being."

10. "I trust in my vision for the future and take bold action to bring it to fruition."