# 5 Positive Self-Affirmations You Can Adopt Right Now

Self-affirmations are powerful for so many reasons. It can boost your self-esteem, confidence, and overall well-being like nothing else. This guide will go over five positive self-affirmations that you can adopt right now.

You can recite these first thing in the morning, sometime during the day, or before you go to bed. Either way, these can be quite useful in helping you adopt a positive mindset. Let’s dive right in and reveal them.

## “I am worth of love and respect”

If you are looking for an affirmation that will acknowledge your self-worth, this is one to recite. Remind yourself that you deserve love, respect, and kindness. Not just from others but also yourself.

## “I am capable of achieving my goals”

Believing in yourself and your beliefs is important when it comes to your own dreams and aspirations. Allow this affirmation to be the one to remind you that you have the skills, intelligence, determination that you need to achieve them.

## “I am in control of my thoughts and emotions”

It’s true that life has those ups, downs, and crazy turns. For that reason, you can get easily overwhelmed by negative thoughts and emotions. However, you can affirm that you are in control.

You can challenge negative thoughts and emotions. This ensures that you are calm, positive, and collected. It also reminds you that you have the ability to choose your reactions and emotions - regardless of the situation.

## “I embrace change as an opportunity for growth”

Change can be intimidating. Yet, it’s essential for anyone looking to improve themselves personally. You want to embrace the changes that come to you.

Adapt to them accordingly. Welcome new experiences and challenges. Because they can lead to a personal transformation that you never thought was possible.

## Your own affirmations

As you get the hang of affirmations, you may have a habit of creating your own. This can include something positive about your dreams and aspirations. For example, if you are intent on becoming a talented chef, affirm that “I am the best chef I can possibly be” or something similar.

Creating these affirmations will provide that personal touch. It will exude self-love and self-confidence. You don’t have to create a lot of personal affirmations - just a few that you can repeat on a regular basis.

We hope this guide on affirmations has helped you. May it give you a chance to mold your positive mindset that will last you a long time.