

# 10 AFFIRMATIONS TO REMIND YOU OF YOUR POWER

Things that happen in the world or in our lives can leave us feeling powerless. However, we always have power in our lives. Sometimes we just need to remind ourselves that it's there. Taking time to say affirmations – or giving ourselves emotional support, love, and kindness – is one way to remember the power we have. Here are ten affirmations to try.

**I am not defined by my circumstances or what happened to me. I am bigger than my struggles, and I can move past them with self-love and self-kindness.**

**I am allowed to have fun and enjoy my life, and I give myself permission to do so without worry or fear. I deserve to experience happiness, joy, and peace.**

**I give myself permission to speak up. My ideas, thoughts, feelings, and voice matter now and will always matter.**

**I can't predict or control the future. I can be present in my thoughts, feelings, and actions and fulfill my needs right now.**

**I am allowed to change. I am allowed to expand my world as I see fit.**

**My safety is important to me. I trust myself to create and find people, places, or spaces that make me feel safe.**

**I am not a failure for not living up to someone else's expectations. I can show up for myself in whatever way feels good for me.**

**I will not feel stuck forever. I can imagine a life for myself that is bigger than this feeling, this struggle, or this moment. I will keep going.**

**I am worthy of both self-love and love from others. There are people in my life who love me for me, and that includes myself.**

**The power I have in my life is mine. No matter what happens, I always have the power to change, move forward, and have hope.**

\* **If you're struggling to deal with life's challenges, 24/7 help is available.** \*

**Call 988 or chat online at [988lifeline.org](https://988lifeline.org).**

**Learn more: [mhanational.org/youth](https://mhanational.org/youth)**  
**Take a free mental health test: [mhascreening.org](https://mhascreening.org)**