

# I inhale confidence with every breath

## **I inhale confidence with every breath.**

I have confidence in my abilities and in myself. My past accomplishments fuel my confidence. I expect to accomplish great things in the future. My confidence expands from one day to the next.

## **The more life experience I gain, the more confidence I have at my disposal.**

My confidence and courage grow when I take action. I find this is the best way to overcome fear and build self-confidence. I face the things I fear the most.

**Every action I take makes me feel more capable and sure of myself.** It is as if I can absorb confidence from everything around me. My confidence grows through life itself.

When my confidence is at a low point, I recall the many times I have enjoyed great success. I remember all the people that have confidence in my abilities. This quickly reminds me of my right to feel confident. My confidence comes rushing back.

## **My natural state is one of confidence.**

I deal with setbacks and temporary failures calmly and joyfully. The lessons I learn increase my confidence and my ability to be more successful in the future.

Today, I am feeling more confident than ever before. I am taking on new challenges with the expectation of success. I allow confidence to fill my mind and body. With each breath, I inhale confidence and exhale doubts.

## **Self-Reflection Questions:**

1. When do I struggle to feel confident?  
Why?
2. What can I do to be more confident in those situations?
3. When do I feel the most confident?  
Why?