

Release & Rise

Affirmations for Confidence & Self-Love

I RELEASE...

- I release the belief that I'm not enough.
- I release the need to shrink myself to feel accepted.
- I release comparison - my path is mine alone.
- I release guilt for choosing myself.
- I release fear that I have to do it all perfectly.

I CLAIM...

- I claim my space in every room I enter.
- I claim my right to love myself deeply and fully.
- I claim confidence - not from what I do, but from who I am.
- I claim the courage to be seen, heard, and valued.
- I claim joy without apology.

I AM...

- I am whole, even as I heal.
- I am powerful beyond what I've been told.
- I am safe to be fully, authentically me.
- I am love in motion.
- I am becoming the woman I was always meant to be.

How to Use This Practice

- Inhale deeply, speak an 'I release' with your exhale.
- Inhale again, and rise into the 'I claim' or 'I am' that follows.
- Repeat as needed. Especially when self-doubt whispers.

Your breath clears. Your words rebuild. Your power returns.