

Affirmations For Anyone Struggling With Anxiety

Affirmations for anxiety to help you calm down quickly.



- ☐ I am a strong, independent person.
- ☐ Breathing in, I calm my body; breathing out, I smile.
- ☐ There are no mistakes, only lessons to be learned. I did the best I could.
- ☐ I am prepared for change. I am strong.
- ☐ I am capable of solving any problems that face me.
- ☐ Anxiety might make me feel uncomfortable, but I am in charge of my mind & body.
- ☐ This too shall pass and I can stand this.
- ☐ I have the power to stop this.
- ☐ I will make this happen.
- ☐ am relaxed; I am calm.
- ☐ I am attracting positive energy into my body.
- ☐ I'm strong and can persevere.
- ☐ My anxiety does not control me.
- ☐ I will only allow healthy things in my life right now
- ☐ I can overcome my fear of anything and everything and live life courageously.
- ☐ I can take things one step at a time.
- ☐ I've survived this before; I'll survive now.

- ☐ I'm actively taking steps to reduce my anxiety.
- ☐ I'm courageous and can make it through.
- ☐ I am in control of my thoughts and my life.
- ☐ This is only temporary.
- ☐ My challenges bring me better opportunities.
- ☐ I have made it before, and I Will make through again.
- ☐ I'm attracting positive energy in my bod

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