

SHADOW WORK - STEP 3

CONFIDENCE

The third step of shadow work is affirmations. Please write down the following in a journal (as viewing your own handwriting allows you to believe the affirmations easier).

Roots of Self-Doubt:

“I release the roots of self-doubt and embrace my inner strength. I am worthy, capable, and resilient. Each day, I grow stronger, confident, and more assured in my abilities.”

Early Influences on Self-Esteem:

“I am free from the impact of negative early influences. I am a unique and valuable individual, and I honour and nurture my self-esteem. I choose to see the beauty and potential within myself.”

Comparisons and Social Media:

“I am immune to comparisons and thrive in my authenticity. I celebrate my unique journey and achievements. Social media is a platform for inspiration, not a source of self-doubt. I am confident in my own path.”

Inner Critic's Voice:

“I silence my inner critic and replace negativity with self-compassion. I trust in my abilities and acknowledge my accomplishments. My inner dialogue is supportive, building my confidence and fostering a positive mindset.”

Fear of Failure:

“I release the fear of failure and embrace it as a stepping stone to success. Each experience, whether perceived as success or failure, contributes to my growth and resilience. I am confident in navigating life's challenges.”

Positive Self-Image:

“I radiate self-love and embrace my unique beauty. My self-image is positive and empowering. I appreciate the strength and uniqueness of my body, mind, and spirit. I am confident and comfortable in my own skin.”

External Validation:

“I am self-assured, and my worth is not dependent on external validation. I trust in my abilities and decisions. I define my success, and my confidence is rooted in my authenticity and self-approval.”

Limiting Beliefs:

“I break free from limiting beliefs that hinder my confidence. I am capable, deserving, and destined for success. I choose empowering beliefs that align with my potential, and I confidently pursue my goals.”

Body Image and Confidence:

“I appreciate and celebrate my body for its strength and resilience. My confidence is not dictated by societal standards. I am comfortable and confident in my body, and I treat it with love and respect.”

Setting Boundaries:

“I establish and honour boundaries that protect my well-being. Saying 'no' is an act of self-care, and I am confident in prioritising my needs. My boundaries empower me, fostering a sense of self-respect and confidence.”

Finish off by signing off at the bottom of the page with your name, signature, and today's date.

