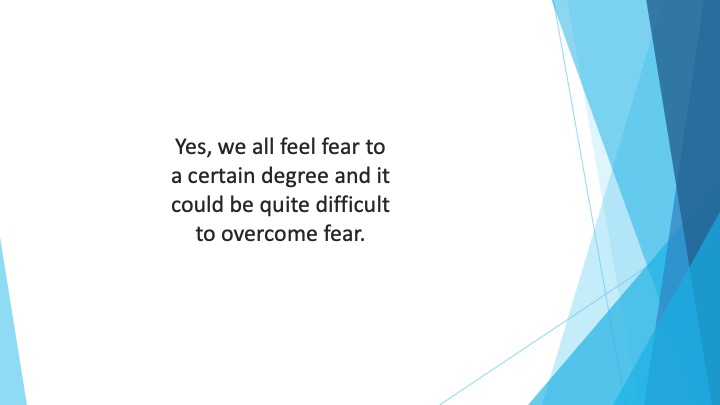
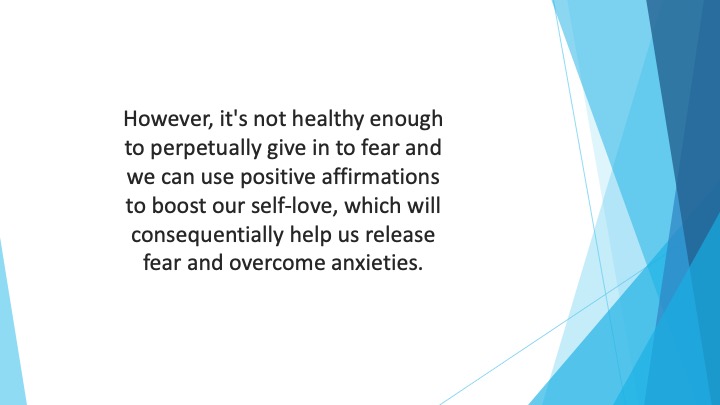
**Chapter 10: Affirmations for Releasing Fear and Overcoming Anxieties**

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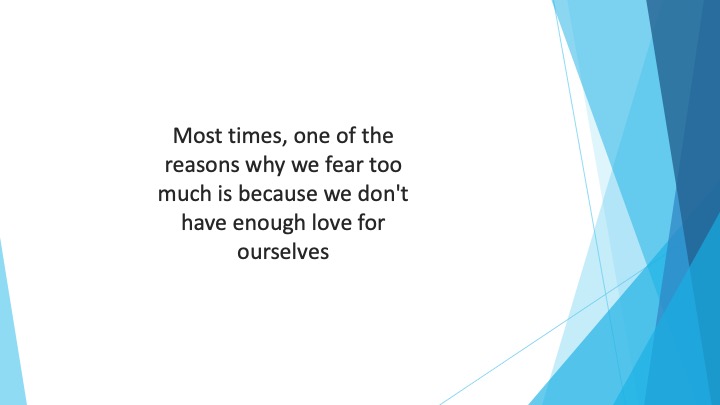
**S1** : In this video, we’ll talk about “Affirmations for Releasing Fear and Overcoming Anxieties”



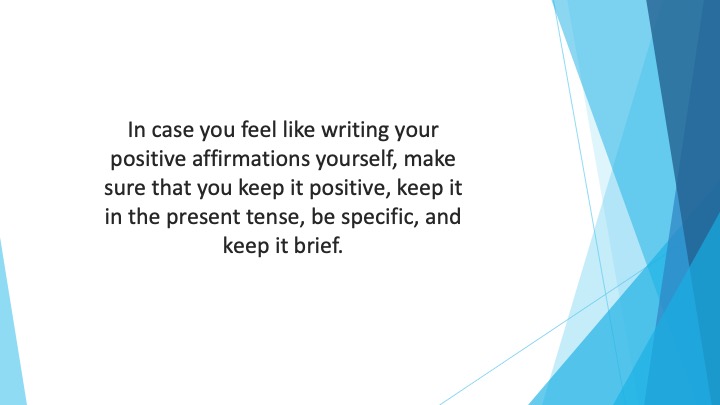
**S2 :** Fear can cause real difficulties in our lives when it becomes debilitating. Yes, we all feel fear to a certain degree and it could be quite difficult to overcome fear.



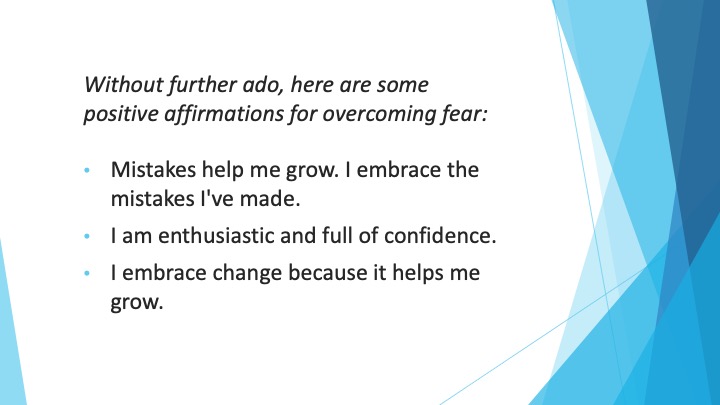
**S3** : However, it's not healthy enough to perpetually give in to fear and we can use positive affirmations to boost our self-love, which will consequentially help us release fear and overcome anxieties.



**S4** : Most times, one of the reasons why we fear too much is because we don't have enough love for ourselves. Our trust in ourselves is also very meagre and a simple way to get through some of our challenging situations is by using a powerful tool - positive affirmations.



**S5 :** In case you feel like writing your positive affirmations yourself, make sure that you keep it positive, keep it in the present tense, be specific, and keep it brief.

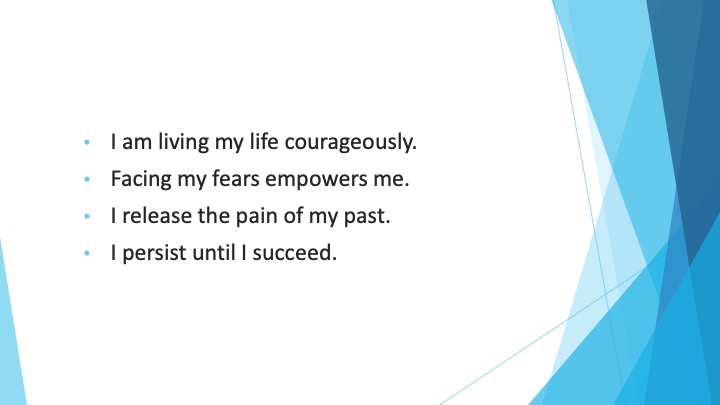


**S6 :** Without further ado, here are some positive affirmations for overcoming fear:

● Mistakes help me grow. I embrace the mistakes I've made.

● I am enthusiastic and full of confidence.

● I embrace change because it helps me grow.

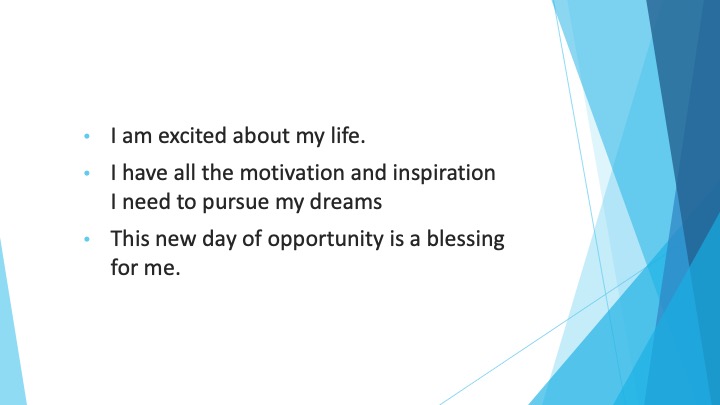


**S7 :** ● I am living my life courageously.

● Facing my fears empowers me.

● I release the pain of my past.

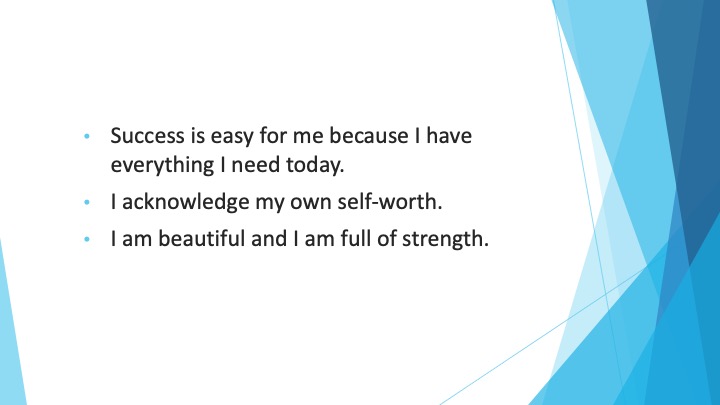
● I persist until I succeed.



**S8 :** ● I am excited about my life.

● I have all the motivation and inspiration I need to pursue my dreams

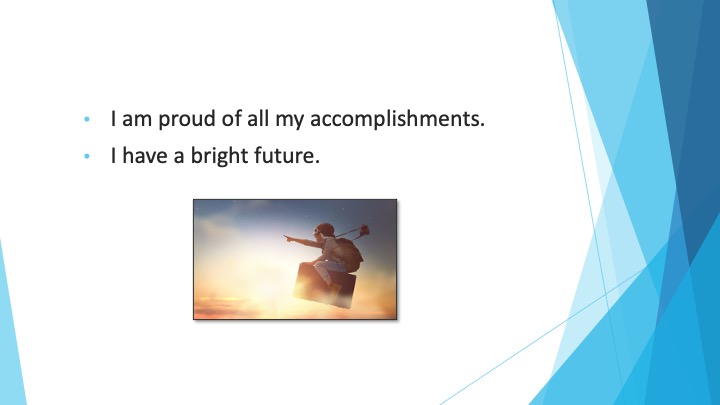
● This new day of opportunity is a blessing for me.



**S9 :** ● Success is easy for me because I have everything I need today.

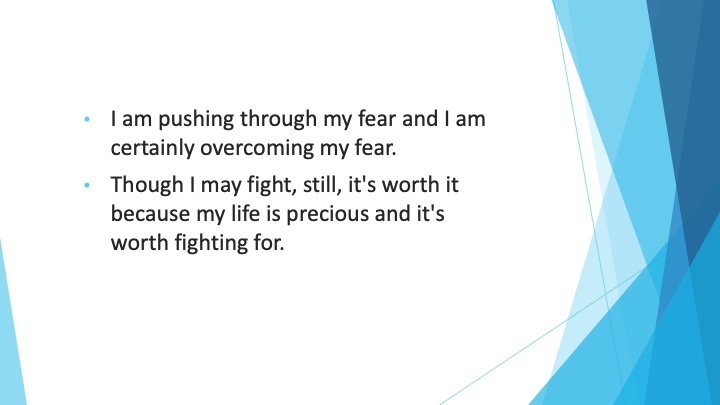
● I acknowledge my own self-worth.

● I am beautiful and I am full of strength.



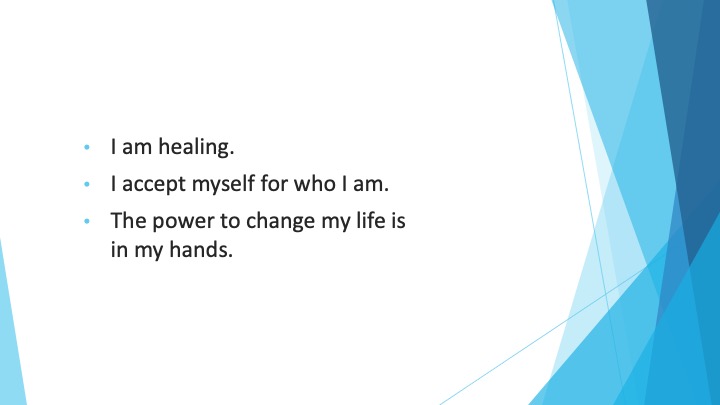
**S10 :** ● I am proud of all my accomplishments.

● I have a bright future.

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**S11 :** ● I am pushing through my fear and I am certainly overcoming my fear.

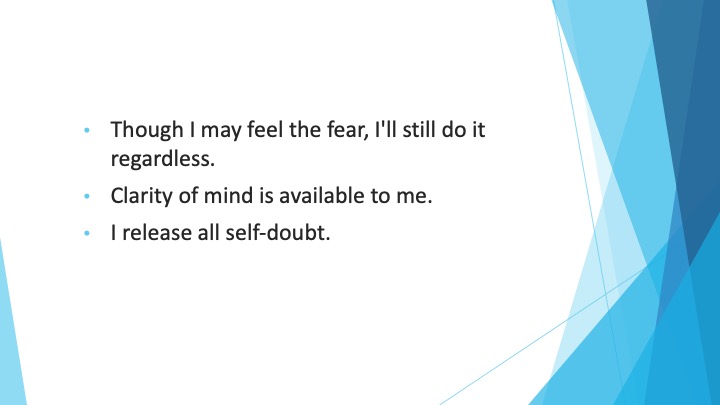
● Though I may fight, still, it's worth it because my life is precious and it's worth fighting for.



**S12 :** ● I am healing.

● I accept myself for who I am.

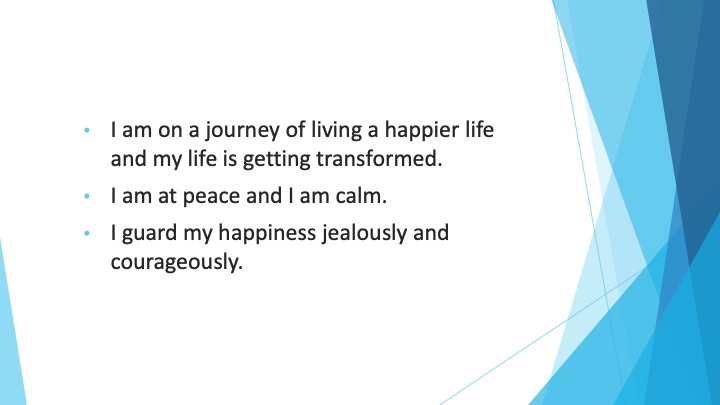
● The power to change my life is in my hands.



**S13 :** ● Though I may feel the fear, I'll still do it regardless.

● Clarity of mind is available to me.

● I release all self-doubt.



**S14 :** ● I am on a journey of living a happier life and my life is getting transformed.

● I am at peace and I am calm.

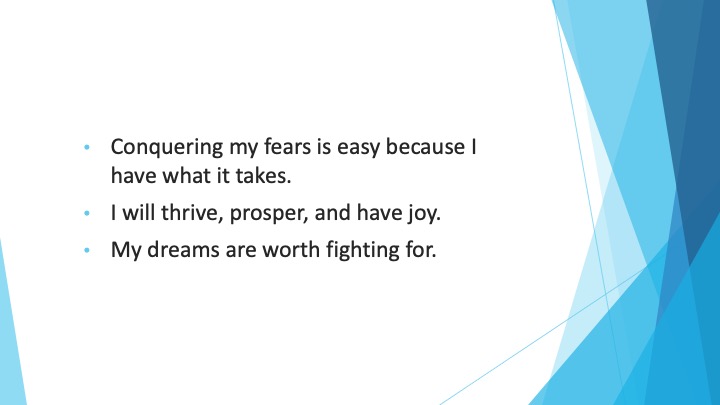
● I guard my happiness jealously and courageously.



**S15 :** ● I am never giving up because I am resilient.

● I deserve all the good things in life and I deserve to be happy, healthy and flourish.

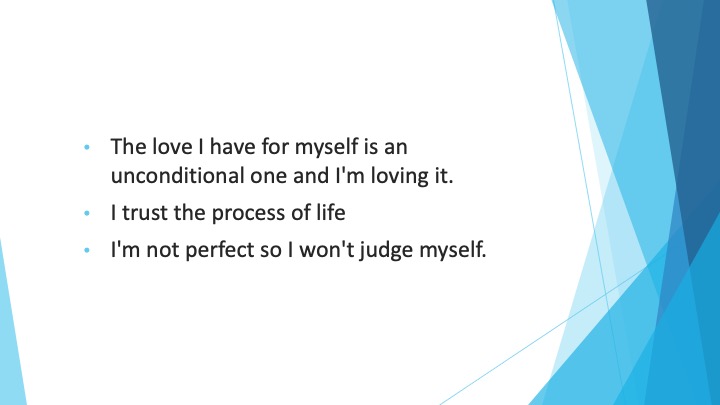
● There is much in my life to look forward to



**S16 :** ● Conquering my fears is easy because I have what it takes.

● I will thrive, prosper, and have joy.

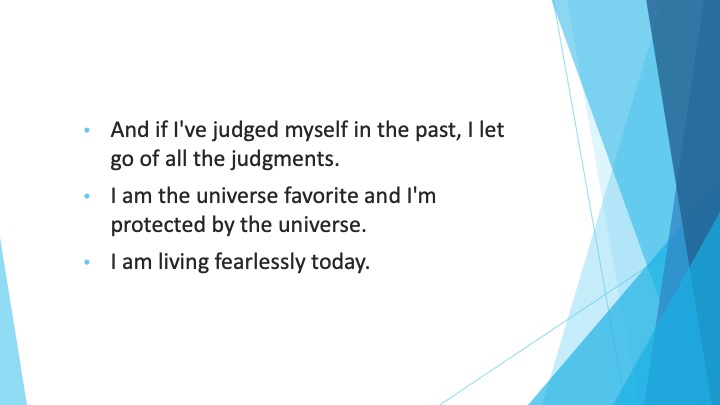
● My dreams are worth fighting for.



**S17 :** ● The love I have for myself is an unconditional one and I'm loving it.

● I trust the process of life

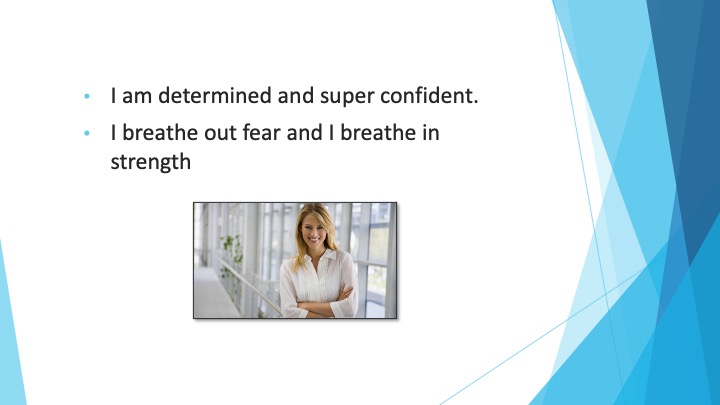
● I'm not perfect so I won't judge myself.



**S18 :** ● And if I've judged myself in the past, I let go of all the judgments.

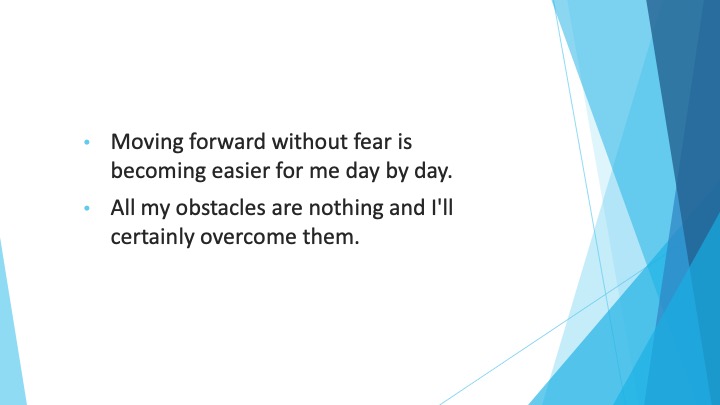
● I am the universe favorite and I'm protected by the universe.

● I am living fearlessly today.



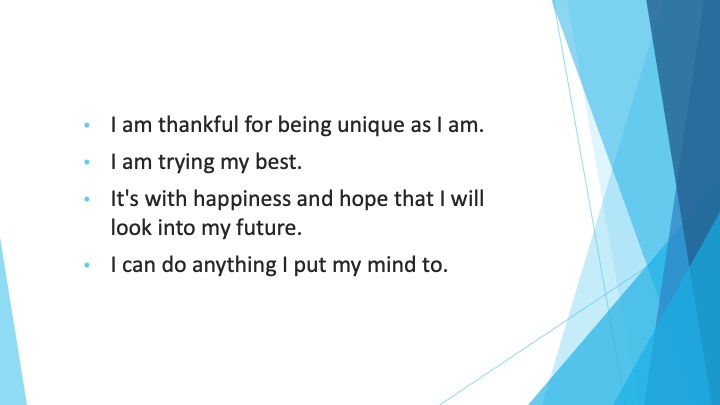
**S19 :** ● I am determined and super confident.

● I breathe out fear and I breathe in strength



**S20 :** ● Moving forward without fear is becoming easier for me day by day.

● All my obstacles are nothing and I'll certainly overcome them.

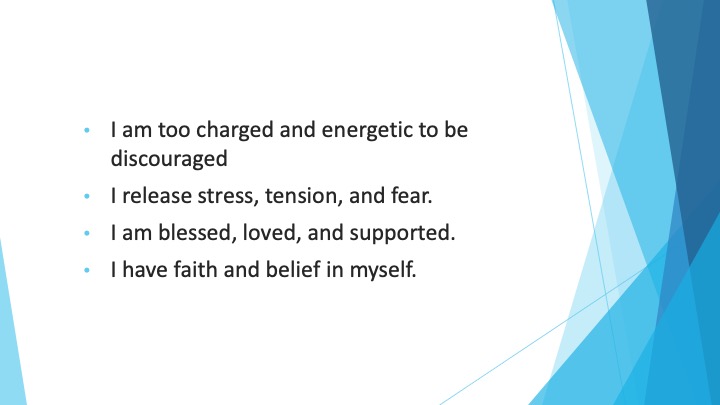
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**S21 :** ● I am thankful for being unique as I am.

● I am trying my best.

● It's with happiness and hope that I will look into my future.

● I can do anything I put my mind to.

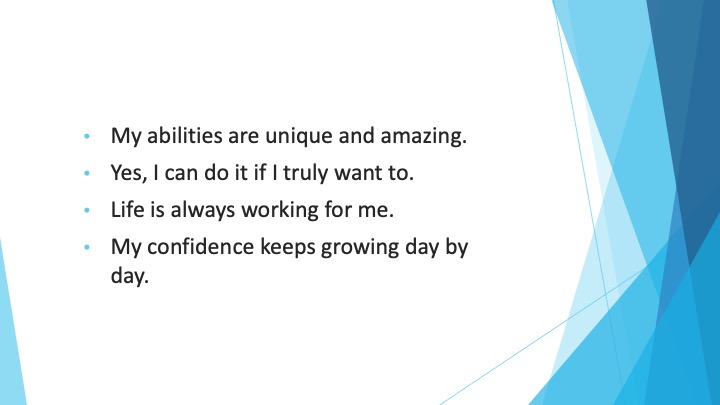


**S22 :** ● I am too charged and energetic to be discouraged

● I release stress, tension, and fear.

● I am blessed, loved, and supported.

● I have faith and belief in myself.

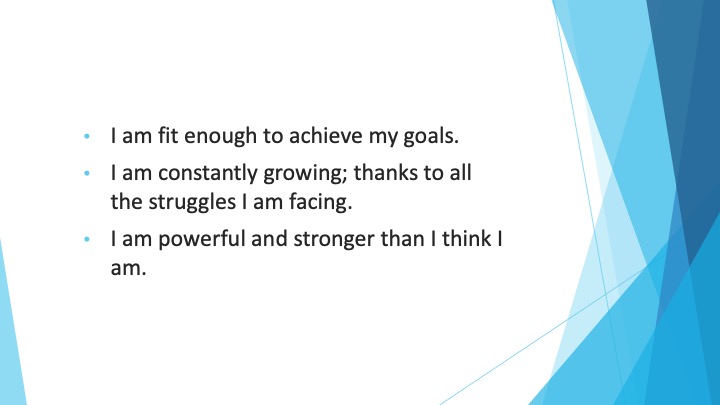


**S23 :** ● My abilities are unique and amazing.

● Yes, I can do it if I truly want to.

● Life is always working for me.

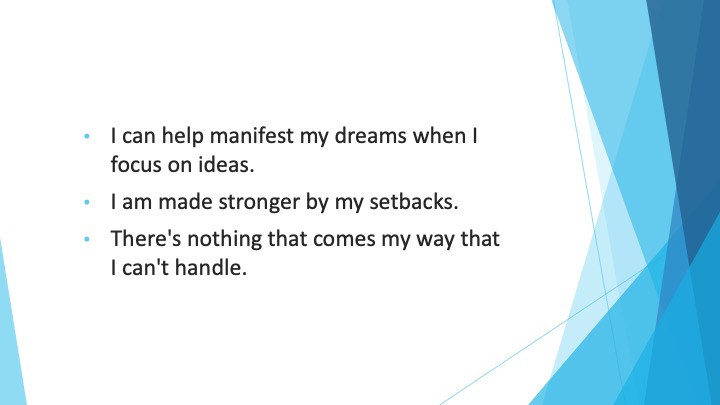
● My confidence keeps growing day by day.

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**S24 :** ● I am fit enough to achieve my goals.

● I am constantly growing; thanks to all the struggles I am facing.

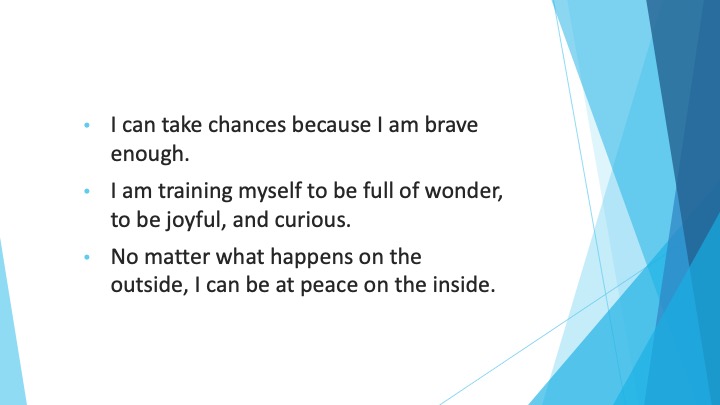
● I am powerful and stronger than I think I am.

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**S25 :** ● I can help manifest my dreams when I focus on ideas.

● I am made stronger by my setbacks.

● There's nothing that comes my way that I can't handle.

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**S26 :** ● I can take chances because I am brave enough.

● I am training myself to be full of wonder, to be joyful, and curious.

● No matter what happens on the outside, I can be at peace on the inside.