

# Positive affirmations for women PDF

Here is a list of 120 positive affirmations for women as a free downloadable PDF.

## 120 Affirmations for women

### Affirmations for everyday life as a women

- "I am worthy of love and respect just as I am."
- "I believe in my abilities, and I trust myself to handle any challenges that come my way."
- "I release tension from my body and mind, finding peace within each breath."
- "I control my reactions and choose positivity in every situation."
- "I am committed to my goals and take consistent steps toward realizing my dreams."
- "I attract success effortlessly, and opportunities flow abundantly into my life."
- "I prioritize self-care as a means to nourish my body, mind, and soul."
- "I release guilt about taking time for myself, knowing that self-care is an act of self-love."
- "I cultivate loving and respectful relationships that uplift and support me."
- "I am deserving of the love that brings joy and fulfillment into my life."

### The power of "I am..." for women

- "I am strong and resilient, capable of overcoming any obstacle."
- "I am confident in my abilities, and I trust my intuition to guide me."
- "I am worthy of love, and I love and accept myself just as I am."
- "I am beautiful, both inside and out, radiating confidence and positivity."
- "I am fearless in the pursuit of my goals, embracing challenges as opportunities for growth."
- "I am a survivor, and I emerge from difficulties stronger and wiser."
- "I am a confident leader, inspiring and empowering those around me."
- "I am influential, using my voice to advocate for the causes I believe in."
- "I am a creative force, and my unique ideas flow freely and abundantly."
- "I am an artist of life, painting my story with colors of passion and authenticity."

### Starting your morning as an empowered women

- I deserve a new day filled with endless possibilities and opportunities."
- "I am grateful for the gift of life, and I embrace each moment with gratitude."
- "I am confident and capable, and I trust myself to handle whatever comes my way."
- "I am the architect of my destiny, and I shape my life with purpose and intention."
- "I am surrounded by love and support and attract positive people into my life."
- "I am a source of inspiration and empowerment to those around me."

- "I am in tune with my inner wisdom, and I trust my intuition to guide me."
- "I am resilient, and I bounce back from challenges with grace and strength."
- "I am a woman of purpose, and my actions align with my values and passions."
- "I am at peace with my past, present, and future, and I embrace life with serenity."

## Affirmations for black women

- "I am proud of my heritage, and I honor the strength and resilience of my ancestors."
- "I deserve love, respect, and every opportunity that comes my way."
- "I am beautiful, both inside and out, and I radiate confidence and self-love."
- "I am a voice that matters, and I use my voice to advocate for justice and equality."
- "I am resilient, and I rise above challenges with grace and determination."
- "I am a source of inspiration, lighting the path for others to follow."
- "I am a symbol of strength and unity within my community."
- "I am unapologetically authentic, embracing all aspects of my identity."
- "I am in control of my destiny, and I create the life I desire."
- "I am a black woman, and my existence is a statement of strength, resilience, and beauty."

## God's words to help women remember someone is there

- "I am fearfully and wonderfully made by God's divine hand."
- "I trust in the Lord with all my heart and lean not on my understanding."
- "I am clothed with strength and dignity, and I laugh without fear of the future."
- "I can do all things through Christ who strengthens me."
- "I am a vessel of God's love, and I share His love with those around me."
- "I am rooted in faith, standing firm on the promises of God."
- "I am forgiven and free from the burdens of the past, for God's grace has set me free."
- "I am a light to the world, shining God's truth and love through my actions."
- "I am patient and steadfast, trusting God's timing in all things." "I am blessed beyond measure, and I live a life of gratitude and praise to the Lord."

## Inspiring confidence in body image

- "I am grateful for my body's strength, resilience, and the incredible things it allows me to do."
- "I am beautiful just as I am and radiate confidence in my skin."
- "I am worthy of love and respect, regardless of my size or shape."
- "I am the sole authority on what makes me feel comfortable and confident in my clothing choices."
- "I am kind to my body, nourishing it with love, nutritious food, and self-care."
- "Society's beauty standards do not define me; I define beauty on my own terms."
- "I am proud of my unique body, which is a reflection of my individuality and experiences."

- "I am confident in my body's ability to heal and adapt, embracing change with grace and patience."
- "I am free from comparison, as I appreciate and celebrate the beauty and diversity in all bodies."
- "I am on a journey of self-love and body acceptance, and I honor my progress every step of the way."

## Empowering women in leadership roles

- "I am a confident leader, unapologetically pursuing my goals and inspiring others with my vision."
- "I am skilled, knowledgeable, and fully equipped to excel in my leadership role."
- "I am a trailblazer, breaking down barriers and paving the way for other women in leadership."
- "I am a powerful communicator, effectively conveying my ideas and inspiring collaboration."
- "I am resilient, embracing challenges as opportunities for growth and learning."
- "I am a servant leader, dedicated to empowering and uplifting those I lead."
- "I am a decision-maker, trusting my intuition and expertise to guide me in difficult choices."
- "I am unapologetically ambitious, pursuing my goals with determination and focus."
- "I mentor and advocate for women in leadership, promoting diversity and inclusion."
- "I am a change-maker, working towards a more equitable and inclusive world through my leadership."

## Navigating Motherhood with Confidence

- "I am a loving and capable mother, providing the best care for my child."
- "I trust my instincts as a mother, knowing I make the best decisions for my child."
- "I am patient and compassionate, understanding that motherhood is a learning journey for both me and my child."
- "I am resilient, embracing the ups and downs of motherhood with grace and determination."
- "I am an inspiration to my child, modeling qualities of kindness, strength, and love."
- "I am a lifelong learner, constantly seeking knowledge and growth as a mother."
- "I am a nurturer, providing a safe and loving environment for my child to thrive."
- "I am present in the moment, cherishing the precious time I have with my child."
- "I deserve self-care, nurturing my well-being to be the best mother I can be."
- "I am a source of love and stability in my child's life, and my efforts as a mother are valued and appreciated."

## Finding strength in your femininity

- "I embrace my femininity as a source of power, wisdom, and resilience."

- "I am a strong and capable woman, harnessing the power of both my softness and my strength."
- "I am in tune with my intuition, trusting it as a valuable guide in my life's journey."
- "I am confident in my skin, radiating self-love and acceptance."
- "I am a force to be reckoned with, fiercely pursuing my dreams while staying true to myself."
- "I am a nurturer, offering care and support to myself and those I love."
- "I am a queen in my own life, reigning with grace, wisdom, and unshakeable self-assurance."
- "I am a beacon of compassion and empathy, embracing the power of understanding and connection."
- "I am a harmonious blend of grace and resilience, finding balance in my journey."
- "I am a fierce advocate for myself and other women, promoting empowerment, equality, and unity."

## Advocating for Women's Rights and Equality

- "I am a voice for change, advocating tirelessly for women's rights and gender equality."
- "I am a catalyst for progress, working towards a world where all women have equal opportunities and rights."
- "I am unapologetically fierce, challenging stereotypes and breaking down barriers for women."
- "I am a mentor and ally to other women, fostering unity and support within our community."
- "I am a beacon of strength, empowering women to stand up for their rights and demand equality."
- "I am a champion for gender diversity, advocating for inclusivity in all aspects of society."
- "I am educated and informed, using knowledge to combat discrimination and promote equality."
- "I am resilient, continuing the fight for women's rights despite adversity."
- "I am part of a global movement for gender equality, contributing to change on a local and global scale."
- "I am hopeful, envisioning a future where women's rights are upheld, and equality is a reality for all."

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