

Affirmations are self-suggestions or positive suggestions that you repeat to yourself to always remind you of your dreams, desires and goals. Affirmations are not goals in themselves, they are rather habit-forming practices, and in fact, compel you to take action - in the right direction - towards your dreams. They help instill a sense of clarity and purpose, making conditions favorable for you to stay focused on your ultimate game.

The true power of affirmations lies in experiencing them. I have found that affirmations work in many unusual ways if you can experience them within yourself through visualization. So, let your creativity and imagination flow as you practice these affirmations daily. The more often you repeat them, the deeper they will get inside you.

Affirmations are a game-changer, trust yourself with them and experience them as you repeat this script loudly or under your breath!

Before you start, take a deep breath - breathe in slowly through your nose and breathe out through your mouth.

## The “Confident Me” Affirmations

I am confident in myself.

I am confident in my abilities.

I choose to be confident today and each day.

I speak with confidence today and each day.

I am confident to speak my mind.

Words come to me easily and naturally.

I feel comfortable sharing my opinions openly.

When I speak, people listen.

I know the right thing to say at the right time.

The more I speak and connect, the more confident I become.

My body language conveys confidence.

My knowledge boosts my confidence.

I am proud of my accomplishments and skills.

I am confident at making decisions.

I choose to play a bigger game.

Life is good to me when I am confident.

I view each day as a chance to further enhance my confidence.

My confidence makes me happy and motivated.

I strive for massive success.

I believe in myself.

## Daily Reflection

1. How confident was I today?
2. In what areas of my life did I have the least confidence today?
3. How can I learn to be more confident when I speak or interact with people?

## About Sanket

Sanket is a *Leap Ahead* Coach and *Introvert* Author who works with positive middle age *introvert* people, both men and women, who believe that they can design their future and want to seek an aspect of their life from a different perspective so that they can experience a different result. Why *introverts*? Because, he is an *introvert* too! And, he can help *introverts* to start saying “Yes” to themselves and their human potential and to the person they know they can be! The people that he works with are the people who want to live their dreams, transcend beyond their limiting fears, indecisiveness and beliefs, and accomplish their goals around finding purpose and living a fulfilling lifestyle. Sanket is passionate about contributing to everyone he encounters, but he chooses to only coach the committed. To try him out and get a feel for his coaching [enroll for a complimentary strategy session](#). Sanket is a contributor to several online communities where he writes about the human side of business, excellence at work, personal transformation, and life reflections. His inner calling is to help people focus and excel in their personal and professional lives and become extraordinary individuals. He strongly believes that every person is born to do great things and he wants to help people discover this greatness within them. His book [The Winning You](#) is his contribution to anybody who is on the road to ultimate mastery. As he often quips, *“Focus is a skill that can be learned. Without a laser-like focus, all your other skills are futile.”*

Sanket lives in Mumbai and Pune with his wife, Kavita, and daughter, Aahana. He can be contacted via email at [sanket@sanketpai.com](mailto:sanket@sanketpai.com).