Affirmations For Releasing Fear

THE Prasad METHOD™

Use the following list of affirmations to repeat or as a guide to creating your own personal affirmations.

1. I am courageous enough to take chances.
2. I am capable of handling everything that comes my way.
3. Every obstacle makes me stronger
4. I see my struggles as opportunities to grow
5. My confidence continues to grow and expand.
6. I release all fear, tension and stress
7. I am creating the life of my dreams
8. I am finding it easier to move forward in my life with fear.
9. I am confident and determined.
10. I am grateful for my life
11. I am grateful for who I am.
12. I love myself unconditionally
13. I deserve to be happy.
14. I am resilient and never give up.
15. The answers I need always come to me with ease and clarity.
16. I am calm and at peace.
17. I have everything I need to conquer my fears.
18. I am motivated and inspired to go after my dreams.
19. I embrace changes as they help me grow.
20. I am excited about my life.