

100 Affirmation Statements

1. I am strong and capable of overcoming any obstacle in my way.
2. Every day is a new opportunity for growth and progress.
3. I am deserving of love and respect, including from myself.
4. I am worthy of a happy and healthy life in recovery.
5. I am grateful for my sobriety and the opportunities it has brought me.
6. My journey is unique and valuable, and I am proud of my progress.
7. I am courageous for facing my addiction and seeking help.
8. My determination will lead me to success in recovery.
9. I have the power to make positive changes in my life.
10. I am not defined by my past mistakes, but by the strength and resilience gained from them.
11. I am capable of forgiveness and letting go of resentment.
12. I am capable of healing and moving forward with my life.
13. I am not alone in my struggles, and there is support available for me.
14. I am worthy of living a fulfilling and meaningful life in recovery.
15. I am capable of making healthy choices for myself and my well-being.
16. I am capable of facing my fears and overcoming them.
17. I am worthy of happiness and joy in my life.
18. My sobriety is a gift that I will cherish and protect.
19. I am grateful for the lessons I've learned from my addiction and recovery journey.
20. I am proud of the progress I've made, no matter how small.
21. I am capable of setting boundaries and sticking to them.
22. I am deserving of positive relationships in my life.
23. I am capable of achieving my goals and dreams.
24. I am strong enough to resist temptation and stay sober.
25. I am capable of finding purpose and meaning in my life.

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26. I am worthy of self-care and self-love.
27. I am capable of overcoming negative thoughts and beliefs.
28. I am worthy of respect and kindness from others.
29. I am capable of learning from my mistakes and growing as a person.
30. I am capable of building a support system that will help me in my recovery.
31. I am deserving of a life free from addiction.
32. I am capable of overcoming challenges and obstacles with perseverance and determination.
33. I am worthy of forgiveness and second chances.
34. I am capable of creating a positive and fulfilling future for myself.
35. I am strong enough to face my emotions and deal with them in a healthy way.
36. I am capable of achieving balance and harmony in my life.
37. I am deserving of happiness and success in my life.
38. I am capable of embracing change and adapting to new situations.
39. I am worthy of love and acceptance, both from myself and others.
40. I am capable of finding peace and serenity in my life.
41. I am strong enough to resist peer pressure and stay true to myself and my recovery.
42. I am capable of recognizing my progress and celebrating my achievements.
43. I am deserving of positive experiences and opportunities in my life.
44. I am capable of taking responsibility for my actions and making amends when necessary.
45. I am worthy of living a life filled with purpose and meaning.
46. I am capable of living in the present moment and finding joy in everyday experiences.
47. I am strong enough to face difficult situations and come out stronger on the other side.
48. I am capable of finding beauty in the world around me and appreciating simple things in life.
49. I am deserving of peace and tranquility in my life.
50. I am capable of finding strength and inspiration from others who

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51. I am deserving of inner peace and happiness.
52. I am grateful for the opportunity to heal and grow.
53. I trust in my ability to overcome any challenge that comes my way.
54. I am worthy of love and belonging, just as I am.
55. I am capable of letting go of the past and embracing a positive future.
56. I have the strength and resilience to face any obstacle.
57. I am proud of myself for taking the first step towards recovery.
58. I am worthy of respect and admiration for my hard work and determination.
59. I am capable of transforming my life in meaningful ways.
60. I am thankful for the support and encouragement of others in my recovery.
61. I am capable of learning from my mistakes and making better choices.
62. I am deserving of forgiveness, both from myself and others.
63. I am worthy of taking care of myself and prioritizing my well-being.
64. I am capable of building healthy relationships based on trust and mutual respect.
65. I am grateful for the joy and peace that sobriety brings to my life.
66. I am capable of embracing my flaws and imperfections and loving myself anyway.
67. I am worthy of achieving my goals and dreams, no matter how big or small.
68. I am capable of seeing the beauty and potential in myself and others.
69. I am proud of myself for making progress, even when it feels slow.
70. I am capable of a positive and supportive environment for myself and those around me.
71. I am deserving of success and happiness in all areas of my life.
72. I am grateful for the opportunity to experience life in a whole new way in recovery.
73. I am capable of staying committed to my recovery, no matter what challenges arise.
74. I am worthy of a life filled with meaning, purpose, and fulfillment.

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75. I am capable of finding joy and peace in even the smallest moments.
76. I am proud of myself for facing my fears and stepping outside my comfort zone.
77. I am deserving of a life free from addiction and all its negative consequences.
78. I am capable of inspiring others on their own journey to recovery.
79. I am worthy of living a life full of abundance and prosperity.
80. I am capable of embracing my vulnerability and seeking help when I need it.
81. I am grateful for the love and support of those who have stood by me on my journey.
82. I am capable of transforming my past into a source of strength and resilience.
83. I am proud of myself for persevering through the ups and downs of recovery.
84. I am deserving of a second chance at a happy and healthy life.
85. I am capable of seeing the good in myself and others, even in difficult situations.
86. I am worthy of being treated with kindness and compassion.
87. I am capable of embracing change and adapting to new situations with ease.
88. I am grateful for the opportunity to connect with others who understand my struggles.
89. I am capable of finding beauty and joy in everyday experiences.
90. I am proud of myself for staying committed to my recovery, no matter how hard it gets.
91. I am deserving of a life filled with peace, love, and harmony.
92. I am capable of accepting myself, flaws and all, and loving myself anyway.
93. I am grateful for the opportunity to create a new and better life for myself in recovery.
94. I am worthy of setting boundaries and standing up for myself and my recovery.
95. I am capable of finding meaning and purpose in
96. I am proud of the progress I've made and excited for what's to come.
97. I am deserving of respect and love, both from myself and those around me.
98. I am capable of finding hope and inspiration in even the darkest moments.
99. I am grateful for the strength and courage I've gained from my recovery journey.
100. I am capable of achieving anything I set my mind to, including long-term sobriety.