

20 POSITIVE AFFIRMATIONS TO HELP YOU GET THROUGH TOUGH TIMES

(There's power in spoken words! Your word is
your power)

1. No condition is permanent. This too shall pass.
2. Tough times don't last. Tough people do. I am tough.
3. I have the capacity to overcome any challenge that comes my way.
4. This shall end in praise.
5. I will not drown/die in my circumstances.
6. My circumstances do not define me.
7. I see light at the end of this tunnel.
8. Every challenge has its season. This season shall come and go.
9. I am strong. God is my strength.
10. I won't give up. I won't quit.
11. I'm not the first to experience this. If others could do it, I can too.
12. Difficult isn't the same as insurmountable. Therefore, I will get through this difficulty.
13. Every challenge is an opportunity to learn and develop strength and courage. This challenge will make me stronger.
14. This problem will not break me. I am unbreakable.
15. I can never experience any problem that I'm unable to overcome. I'm experiencing this because I have the capacity to deal with it. I'll surely overcome this. It's not beyond me.
16. I am a survivor. I have survived many things in life. I'll surely survive this.
17. Time is a healer. With time, this feeling will go away. This wouldn't matter in three years.
18. It is well with my soul. It is well with me and all that concerns me.
19. I am stronger than I think, tougher than I think. I have the capacity to surmount any issue.
20. Life is full of ups and downs, good times and bad times. I'll enjoy the good times and endure the bad times.