

# Positive Affirmation Script

Dealing with setbacks can be difficult, but having a script of positive affirmations can make it easier to handle and overcome them.

Here's a sample positive affirmations script for when you make a mistake:

1. "I am human and making mistakes is part of the learning process."
2. "I embrace my mistakes and use them as opportunities to grow and improve."
3. "I am proud of myself for having the courage to try."
4. "I choose to focus on the lessons learned, instead of dwelling on the mistake."
5. "I am capable of learning from my mistakes and making positive changes."
6. "I forgive myself for this mistake and release any negative thoughts and feelings."
7. "I trust in my ability to overcome challenges and grow from them."

Take a deep breath and repeat these affirmations to yourself as many times as you need to. Remember, mistakes are a natural part of growth and the more you practice self-forgiveness and self-compassion, the easier it will become to move on from them.

You can also write your own affirmations to have ready when you need them:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_