

31 DAYS OF AFFIRMATIONS CHALLENGE





Hello!

Welcome to the 31 Days of Affirmations Challenge—a daily practice designed to help you build a stronger, more grounded relationship with yourself.

Each day includes one affirmation to anchor your mindset and a reflection prompt to help you apply it in your life. This challenge is about showing up with intention—not perfection—and creating space to grow in confidence, self-worth, and presence.

Let's begin.

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Week 1 - Grounding in Self-Worth

DAY 1

Affirmation: I am enough exactly as I am.

Reflection Prompt: What does “enough” mean to you today?

Journal Space:

Week 1 - Grounding in Self-Worth

DAY 2

Affirmation: I deserve to take up space and use my voice.

Reflection Prompt: Where can you speak up more confidently?

Journal Space:

Week 1 - Grounding in Self-Worth

DAY 3

Affirmation: I am worthy of love, respect, and kindness.

Reflection Prompt: How can you show yourself kindness today?

Journal Space:

Week 1 - Grounding in Self-Worth

DAY 4

Affirmation: I release the need to be perfect.

Reflection Prompt: What can you let go of today?

Journal Space:

Week 1 - Grounding in Self-Worth

DAY 5

Affirmation: I trust myself to figure things out.

Reflection Prompt: What decision are you ready to make?

Journal Space:

Week 1 – Grounding in Self-Worth

DAY 6

Affirmation: I am proud of how far I've come.

Reflection Prompt: Celebrate a recent win—big or small.

Journal Space:

Week 1 - Grounding in Self-Worth

DAY 7

Affirmation: I honor my progress, not just perfection.

Reflection Prompt: What are you improving on lately?

Journal Space:

Week 2 - Strength & Resilience

DAY 8

Affirmation: I am stronger than I think.

Reflection Prompt: When did you surprise yourself with your strength?

Journal Space:

Week 2 - Strength & Resilience

DAY 9

Affirmation: I am resilient, even when things get tough.

Reflection Prompt: Reflect on a challenge you've overcome.

Journal Space:

Week 2 - Strength & Resilience

DAY 10

Affirmation: I can do hard things.

Reflection Prompt: What hard thing are you facing—and how can you support yourself?

Journal Space:

Week 2 - Strength & Resilience

DAY 11

Affirmation: I rise every time I fall.

Reflection Prompt: How have you bounced back before?

Journal Space:

Week 2 - Strength & Resilience

DAY 12

Affirmation: I choose growth over comfort.

Reflection Prompt: What discomfort is teaching you something right now?

Journal Space:

Week 2 - Strength & Resilience

DAY 13

Affirmation: I am building confidence every day.

Reflection Prompt: What action today will grow your confidence?

Journal Space:

Week 2 - Strength & Resilience

DAY 14

Affirmation: I lead with courage, not fear.

Reflection Prompt: Where in your life can you be more courageous?

Journal Space:

Week 3 - Presence & Mindset

DAY 15

Affirmation: I am present, calm, and in control.

Reflection Prompt: What helps you stay grounded?

Journal Space:

Week 3 - Presence & Mindset

DAY 16

Affirmation: I let go of what I can't control.

Reflection Prompt: What are you ready to release?

Journal Space:

Week 3 - Presence & Mindset

DAY 17

Affirmation: I focus on what I can do right now.

Reflection Prompt: What's one small step you can take today?

Journal Space:

Week 3 - Presence & Mindset

DAY 18

Affirmation: I choose peace over pressure.

Reflection Prompt: What pressure can you ease today?

Journal Space:

Week 3 - Presence & Mindset

DAY 19

Affirmation: I am mindful of how I speak to myself.

Reflection Prompt: Rewrite one negative thought into a kind one.

Journal Space:

Week 3 - Presence & Mindset

DAY 20

Affirmation: I breathe in confidence and exhale doubt.

Reflection Prompt: Practice this breathing today in a stressful moment.

Journal Space:

Week 3 - Presence & Mindset

DAY 21

Affirmation: I am exactly where I need to be.

Reflection Prompt: What's one lesson you're focused on learning this month?

Journal Space:

Week 4 - Purpose & Possibility

DAY 22

Affirmation: I am capable of achieving my dreams.

Reflection Prompt: What dream feels exciting but scary?

Journal Space:

Week 4 - Purpose & Possibility

DAY 23

Affirmation: I am open to new possibilities.

Reflection Prompt: Where are you ready to be more open?

Journal Space:

Week 4 - Purpose & Possibility

DAY 24

Affirmation: I am aligned with my purpose.

Reflection Prompt: What gives your life meaning right now?

Journal Space:

Week 4 - Purpose & Possibility

DAY 25

Affirmation: I am committed, not just motivated.

Reflection Prompt: What will you follow through on this week?

Journal Space:

Week 4 - Purpose & Possibility

DAY 26

Affirmation: I trust the timing of my life.

Reflection Prompt: What do you need to be patient with?

Journal Space:

Week 4 - Purpose & Possibility

DAY 27

Affirmation: I am in control of my energy and attitude.

Reflection Prompt: How can you protect your energy today?

Journal Space:

Week 4 - Purpose & Possibility

DAY 28

Affirmation: I create the life I want—one step at a time.

Reflection Prompt: What step will you take today?

Journal Space:

Week 5 - Celebration & Reflection

DAY 29

Affirmation: I celebrate who I am becoming.

Reflection Prompt: What do you love about your personal growth?

Journal Space:

Week 5 - Celebration & Reflection

DAY 30

Affirmation: I am a work in progress & a masterpiece.

Reflection Prompt: How do you embrace both sides of that statement?

Journal Space:

Week 5 - Celebration & Reflection

DAY 31

Affirmation: You did it—31 Days of Growth.

- **Reflection Prompt:**
 - Which affirmation stuck with you the most?
 - How has your self-talk shifted?
 - What will you carry forward from this challenge?

Summary

You've made it to Day 31—and that's no small thing.

This challenge wasn't about being perfect. It was about showing up for yourself, one empowering thought at a time.

Every affirmation you repeated, every moment of reflection, has built a stronger, more confident version of you.

Confidence isn't just a trait—it's a practice. A choice. A voice you've chosen to strengthen each day.

Keep choosing it.

Keep coming back to it.

And when life feels off track, return to Day 1 and remember how far you've come.

You did this—and the ripple effect is only just beginning.

Thank-you!

This guide is just the beginning. Want to build on this progress?

Explore our full lineup of follow-up support:

For Student Athletes:

- **1:1 Coaching** – Personalized mental performance training for student-athletes
- **Team Workshops** – Build trust, communication, and game-ready mindsets
- **Programs for Parents** – Learn how to support your athlete without adding pressure
- **Coach Training** – Tools to lead mentally strong teams and build a championship culture

For Individuals and Organizations:

- **1:1 Leadership Coaching** – Tools to reframe negativity, manage stress, and turn personal and professional goals into reality
- **Team Workshops** – Build trust, communication, & accountability
- **Manager & Leader Training** – Equip leaders to coach, motivate, & communicate with impact
- **Culture & Team Development Programs** – Align teams around shared values, purpose, & performance goals

Let's keep the momentum going.

Schedule an introductory call: <https://calendly.com/koberle-1/discovery>

Contact: www.accesshumanpotential.com
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