



21 Sassy Affirmations for Confidence

IF THEY DON'T WORK FOR YOU, FUCK 'EM!
YOU'RE SO FABULOUS YOU DON'T NEED THEM
ANYWAY.

@coachalexray

I hate affirmations. Most of them didn't help me. In fact, I just felt even more inadequate when reading them. Like what what the heck is wrong with me that I can't simply believe “I am a beautiful goddess worthy of abundance and love and all her hearts desires.”

Ugh, so annoying. Sounds like a Disney princess who needs to take a step off her throne. Go experience the real world for one second barbie!

These affirmations are for those of you like me: in touch, honest, and extra sassy. These affirmations are for real humans.

- Alex @coachalexray

This self
development
shit is
exhausting.
I give myself
permission to
take a break
and just BE
today.

@coachalexray

There are a lot
of fucked up
people doing
just fine.
I'm gonna
make it.

@coachalexray

I'm a walking
contradiction.

I don't know
what the fuck
I'm doing and
that's ok.

@coachalexray

The best art
sparks
conversation
and evokes
emotions.
Guess I'm a
Picasso.

@coachalexray

Even Gaga had
her Joanne
phase.
I'll come out of
this funk.

@coachalexray

Vanjie became
famous
because she
blacked out
and kept
repeating her
own name.
I can stop
trying so hard.

@coachalexray

I survived
middle school.
I can adapt to
anything.

@coachalexray

Sometimes
having my own
back means
stabbing them
with a stiletto.

And other
times it means
Ben & Jerry's
in bed.

I can choose.

@coachalexray

I'd rather be
fucked up and
aware of it than
fucked up and
blind to it.

It's exhausting
but at least I'm
not an out of
touch billionaire
running for
president.

@coachalexray

McDonald's
charges an
extra \$1 for
one more slice
of American
cheese.

If that crap is
worth a \$1, I'm
worth at least
\$1,000,000.

@coachalexray

The only
reason I date
dramatic
dumpster fires
is because I
like the thrill.

Now I'm
learning to get
my thrills
elsewhere.

@coachalexray

I hate shame,
but I kinda like
the rush I get
when I feel it.
It's kinda
kinky!

@coachalexray

I like to get
sympathy
while making
it look like
everyone else
is fucking me
over.

But I know I'm
really the
powerful one.

@coachalexray

Some say my
decisions are
questionable.
I say at least
I'm having fun
and writing a
story worth
reading.

@coachalexray

My
neurodiversity
is great.

It's the
neurotypical
people I feel
bad for. Their
lives must be
so boring!

@coachalexray

I am a lot.
Everyone...
you are
welcome.

@coachalexray

From now on I
make my own
decisions.

Because my
life is my train
wreck.

@coachalexray

And what?

WHEN SHIT HITS THE FAN I ASK, "AND
WHAT?" I KNOW IT DOESN'T END HERE. SO
WHAT AM I GONNA DO ABOUT THIS POOPOO
PARADE LIFE GAVE ME?

@coachalexray

I allow others
to support me.
Not because I
am incapable,
but because I
am a luxurious
bitch who has
all the help she
wants.

@coachalexray

Even fart has
'art' in it.
I guess my life
is a
masterpiece in
progress.

@coachalexray

Me.

I AM AN AFFIRMATION GODDAMN IT.

@coachalexray