



PARTNERS FOR YOUTH  
EMPOWERMENT

## Finding Stories of Courage: Developing our Resilience

Facilitated by Nilisha Mohapatra, June 23, 2020

### OUR AFFIRMATIONS

I am patient.  
I know what I don't want.  
I am always open to learning.  
I am adventurous.  
I am energetic, positive, appreciative,  
reflective.  
We are advocates, we are authentic.  
We are persistent.  
I am determined.  
I am self reliant, I chose to be  
courageous.  
I am hopeful.  
**I am brave!!**  
I am kind to myself.  
I love myself.  
I am gentle.  
I believe in my dreams.  
We are stars. We are wholesome.  
I am reflective.  
I am courageous.  
I am passionate and strong.  
I am bold and tenacious despite the  
odds.  
I am powerful, I am magical.  
I am love!  
I have boundaries.  
I am fierce!  
I am curious!  
I follow my truth.  
I am an honest and vulnerable badass.

I am courageous with the Strength to  
be vulnerable and set boundaries,  
hold myself and others to their  
bargains, I am full of integrity.  
I am kind. I am humanitarian.  
I am a good friend and courageous.  
I can let go of something precious  
when it is the right moment.  
I am learning to move forward in my  
life.  
I know what I want.  
I am happy.  
I am creative, independent, strong,  
and vulnerable.  
I am on fire!  
I can find joy in pain - and walk with  
the unknown.  
My calmness heals.  
I am compassionate and passionate. I  
show care even in very challenging  
situations.  
I am resilient, honest and open.  
We are all women on FIRE~  
I love to nurture.  
I have found my voice : )  
I am thoughtful.  
**I am strong!**  
We make ourselves vulnerable to  
protect and advocate for ourselves  
and others.  
I am determined and confident to be  
able to conquer my fear : )  
I trust myself!

I am compassionate, show humility  
and support others.  
I stand for honor.  
I am FOLLOWING ADVENTURE  
I am listening to my inner voice.  
I am an awesome manifestor, I am  
brave and I am a daring creative!  
I am not who I thought I am!  
I have faith in myself.  
**I am resilient.**  
I am a Warrior.  
We are wonderful, resilient, strong,  
kind and nurturing human beings!  
I am living the value of humility.  
I am grateful.  
I am goal driven, tenacious,  
determined.  
I am at the end and at the beginning!  
I listen to my heart and live my life  
consciously without apology.  
I am connected to nature - I can listen  
to it deeply.  
I am an Advocate.  
I am a leader, a catalyst and one more  
thing I am forgetting.  
I am a community builder  
I believe I can continue taking  
courageous steps...the first step leads  
to other steps.  
I marry passion, compassion, beauty  
and art to be a strength for belonging  
in all of my communities.