



the existentialist

FEAR NOTHING.

DAILY POSITIVE AFFIRMATIONS

theexistentialist.ca

I can, I will.

I have been through worse. I can handle this.

One step at a time.

I will figure it out. One thing at a time.

I am more productive than I think I am.

Things are getting better.

I'm grateful for...

I have come so far, I am proud of myself.

I deserve to be happy.

I am human.

I will not fear change.

There is no limit to what I can learn.

I am neither good or bad, I just am.