

INSTRUCTIONS

- These affirmations are meant to be read aloud, copied into a journal, or hung in your workspace for daily perusing. For the best results, **use them daily!**
- For help creating affirmations that are specific to your needs and your art, check out my course READY TO ROCK at readytorockwithcourtney.me

REPEAT AFTER ME:

- Singing is my passion and is worth pursuing.
- I am a brilliant singer.
- I am the only singer who sounds like me.
- Singing is a difficult, lifelong, worthwhile pursuit.
- I am going to have to work, so I might as well work toward what I love.
- Mistakes are learning opportunities.
- My genre/style connects with people and is worthy of my attention.
- Imperfections add character to my voice.
- I can work **with** instead of against my vocal quirks.
- I am not bound by anyone's opinions but my own.
- I trust myself to know the difference between valid criticism, which helps me grow as a singer and artist, and judgment, which is only meant to make me something I'm not.
- I **own** my talent and ability humbly and confidently.
- No one knows my music and my voice like I do.
- I am worthy.
- My music and my voice bless others.
- I share my voice openly.
- It is SAFE to open myself up to my dreams.