

# **Affirmations and Scriptures for Overcoming Self-Doubt**

Speak life over yourself with these affirmations rooted in God's Word. Whenever self-doubt creeps in, declare these truths and let His promises guide you.

**Affirmation: I am fearfully and wonderfully made.**

Scripture: Psalm 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

**Affirmation: I am loved with an everlasting love.**

Scripture: Jeremiah 31:3 - "I have loved you with an everlasting love; I have drawn you with unfailing kindness."

**Affirmation: I can do all things through Christ who strengthens me.**

Scripture: Philippians 4:13 - "I can do all things through Christ who strengthens me."

**Affirmation: I am strong and courageous.**

Scripture: Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

**Affirmation: God has a plan and purpose for my life.**

Scripture: Jeremiah 29:11 - "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

**Affirmation: God's peace guards my heart and mind.**

Scripture: Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."