

EMBRACING YOUR COURAGEOUS HEART

Affirmations

My courage is **rooted in love**, not fear.

I **embrace courage** when the way feels uncertain.

My bravery is **quiet, soulful, and powerful**.

My courage creates **space for possibility**.

I **meet fear with love and understanding**.

I am brave enough to **let go of what no longer serves me**.

I **allow space** for both fear and courage.

My brave actions ripple out in beautiful ways.

My courage **shines brighter than my fear**.

I **celebrate my inner fire** and gentle spirit.