

Practice Room Affirmations

@PLAYINGWITHOUTPAIN

Keep this handy by your music stand or on your phone when you are feeling the negative self-talk creep into the practice room! Find some affirmations that resonate with you. If you are having a bad day, begin with some neutral affirmations such as "It is okay to make mistakes", "I am allowed to feel my feelings", "My feelings are valid", etc.

- I am proud of myself
- I am brave
- I am loved
- I believe in myself
- I am strong
- I am resilient
- My body deserves to be loved
- I am enough
- I am excited about the person/artist I am becoming
- I am worthy of my achievements
- I will not stand in my own way
- I embrace my uniqueness and authenticity
- I trust my musical intuition
- I know that I am right where I am supposed to be
- I allow myself to be confident
- I am perfectly imperfect
- I allow myself to be proud of my achievements
- I give myself permission to let go of all things that no longer serve me