



13 AFFIRMATIONS

for Personal Growth

Sara Garska Life Coaching

I am allowed to grow, change, and redefine myself at any age

I release outdated rules and make choices that nourish me

It's not too late. In fact, I'm just getting started

I choose energy, purpose, and joy over guilt, shame, and fear.

I let go of perfection and embrace progress.

I am building a life that reflects who I truly am.

Comfort is not the goal; growth and vitality are.

Every day, I choose to live instead of just getting by.

I forgive myself for what I didn't know then. I know better now.

There is power in my story, and I own it fully.

My future excites me more than my past defines me.

I embrace new experiences with curiosity, not fear

This season of life is mine—and I will live it boldly