

DAILY AFFIRMATIONS

FOR CAREER CONFIDENCE



INTRODUCTION

*“Believe you can and
you’re halfway there.”*

~Theodore Roosevelt



*Hey there!
I'm Tanya*

I hope you find these daily affirmations for career confidence useful!

One of the hardest things in my career was no longer thinking of myself as an admin. For the longest time, it felt like I was playing at leadership, because I'd only ever been in support roles my entire life.

The first time an admin in my department was surprised to learn that I was a former admin myself, my mind was blown.

And I'd probably been in a leadership role for ten years.

I share that because shifting your mindset isn't necessarily easy. You've got to feed your mind good data that supports the person you want to be out in the world.

Daily affirmations are a way to start to shift how you think about yourself. They interrupt the automatic loop of thoughts that sabotage you, and replaces them with empowering thoughts aligned with your goals and aspirations.

Before we get to the affirmations, I wanted to share one additional way I love to help admins build their confidence when considering a career transition out of a support role.

The Pathway to Progress Power Huddle is a 60-minute conversation where we go deep on your professional history to uncover your hidden career assets, as well as your natural passions and interests. If you're in a place where you're wondering if you're ready for the next step in your career, check out the Pathway to Progress Power Huddle here: <https://www.adminnomore.com/huddle>.

In the meantime, enjoy the Daily Affirmations for Career Confidence. The more consistently you repeat them, the more your mindset will start to shift. Whether first thing in the morning, or last thing before bed, make them a part of your routine.

You're worth it!!



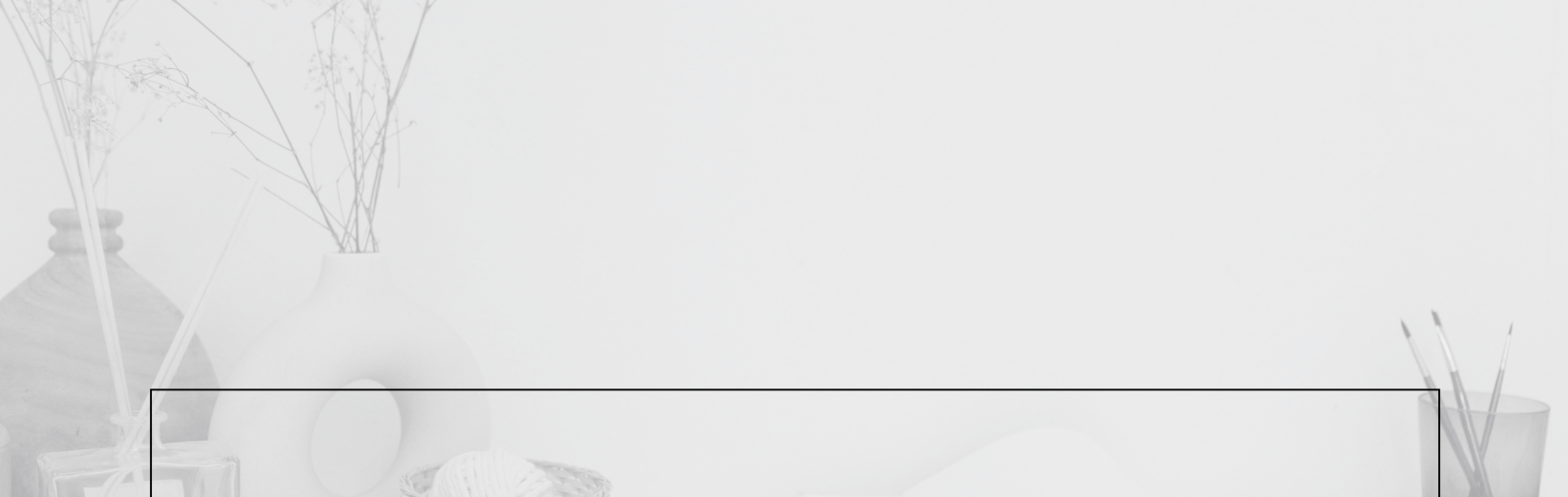
Quick Tip

*Place your affirmations on your night stand, or
tape them to your bathroom mirror.*



Daily Affirmations

- 1** I am skilled, smart and capable.
- 2** I bring valuable experience to the table
- 3** I am constantly learning and growing in my career
- 4** I am respected, valued and appreciated for my contributions
- 5** I am adaptable and can handle the challenges I face
- 6** I am calm and poised under pressure.



7

I am resourceful and a creative problem solver.

8

I am organized and efficient in managing complex tasks.

9

I am a strategic thinker.

10

I am methodical in my approach to decision-making.

11

I am sought after and in demand.

12

I am worthy of success and fulfillment in my career.

COPYRIGHT NOTICE

© 2023 AdminNoMore | All rights reserved

This booklet or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Tanya Fink
© ADMINNOMORE | ADMINNOMORE.COM