

# Affirmations To Overcome Shyness

**I am becoming more outgoing on a daily basis**

**I am becoming more confident every day**

**I am relaxed when I meet new people**

**People like me**

**I have so many amazing qualities**

**People perceive me as confident**

**I am beginning to enjoy meeting new people**

**People are interested in what I have to say**

**When I speak I sound intelligent**

**I am learning every day better ways to interact with people**

**I am becoming more confident around people**

**I am strong**

**I can do anything**

**I am a good person**

**I am smart**

**I am becoming a better communicator**

**I am worthy of people's attention**

**I am brave**

**I am becoming more outgoing**

**Every day I become less shy**

**I am allowed to speak my mind**

**Other people want to hear my thoughts and feelings**

**I am friendly**

**I can overcome my shyness**

**It is natural to speak up for myself**

**I am becoming more comfortable speaking my mind**

**What I have to say matters**

**My positive energy is magnetic**

**I deserve to be heard**

