

Affirmations for Black Professionals

I am a shining star

I have the ability to spread light in darkness

I am intelligent

I have the ability to download and process all types of information

I am unique

I engage in critical thinking and form my own opinions

I am powerful

I know how to center myself and tap into my strengths

I am adaptable

I know how to be flexible and adapt to my environment

I bring perspective

My experiences are not scars, they are lessons

I bring my ancestors

I am never alone; my past is my present

I bring my journey

I am rich with experience

I bring energy

The energy that flows through my body will bring forth positive change

I will leave my mark

Utilizing my gifts and talents will leave this world in a better state