



Amethyst is a natural tranquiliser, it relieves stress and strain, soothes irritability, balances mood swings, dispels anger, rage, fear and anxiety. Alleviates sadness and grief, and dissolves negativity. Amethyst activates spiritual awareness, opens intuition and enhances psychic abilities.

23 Positive Affirmations for Confidence

1. I am confident and strong
2. I am becoming more confident each day
3. I love and respect myself
4. I do not need validation from others
5. I am in full control of my life
6. There is nothing I am not able to overcome
7. I am successful in everything I do
8. I am enough
9. I am a good person
10. I deserve good things
11. I believe in my abilities
12. I am intelligent and capable
13. I deserve to be happy

14. I am beautiful
15. I don't have to justify anything to anyone
16. I treasure my imperfections
17. I acknowledge my self-worth
18. I am loved and respected as I am
19. I make good decisions
20. I release negative self talk
21. I am living my best life
22. My imperfections make me unique and I love them
23. I am good enough to accomplish anything I desire with all my heart

<https://danxiety.com/23-positive-affirmations-for-confidence/>