The Inner Circle Affirmations

To Decode + Recode Your Subconscious Mind: Reclaiming Confidence & Inner Power
May 2026 Confidence Challenge

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Print this out. Read these affirmations out loud daily, either in the morning or at night, until May 31.

INTRODUCTION

Confidence is not something you earn once you achieve enough, heal enough, prove enough, or become enough. Confidence is something you remember.

This month is about healing the deeper pattern underneath self-doubt, overthinking, comparison, people-pleasing, and the quiet ways unworthiness can keep a woman playing smaller than her soul came here to live. Because often the issue is not capability — it is identity. It is the subconscious story that whispers *Who am I to do that? What if I fail? What if I'm not enough?* And those stories shape decisions, shape what we tolerate, shape what we ask for, and shape what we believe we deserve.

This month, we begin recoding that.

Through these affirmations, teachings, and integrations, you are not trying to become confident — you are dissolving everything that made you forget you already are. We will move through three phases together. First, **Death** — letting go of unworthiness, releasing the old identity built around doubt, shrinking, perfectionism, and needing approval. Then **Rebirth** — choosing confidence daily through courageous choices, aligned action, and learning to trust your own voice. And finally **Ascension** — embodying unshakable confidence as an identity, where worth is no longer questioned and you move with inner certainty.

As you speak these affirmations, you are decoding old fear patterns and recoding your subconscious, nervous system, and identity with confidence, self-leadership, and personal power. This is not about becoming louder. It is about becoming anchored. It is about becoming the woman who knows who she is, trusts where she is going, and walks in the world from that knowing. This is your month to strengthen self-trust, rise beyond old stories, and remember the confidence that has always lived within you. 🖤

SECTION ONE

Death (Letting Go of Unworthiness)

As we begin, remember three simple truths:

1. **Unworthiness was learned.**
   You were not born doubting yourself or questioning whether you were enough. Somewhere along the way, criticism, comparison, rejection, or disappointment taught you to shrink and second-guess yourself. But those experiences did not define your value; they only shaped old beliefs. Confidence is not becoming someone new, but remembering who you were before fear made you forget. What was learned can now be unlearned.

2. **Self-doubt is not intuition — it is conditioning.**
   The voice that questions you, minimizes you, or tells you to play small was formed through old survival patterns. It may sound familiar, but familiar does not mean true. Much of what you call doubt is simply conditioning asking to stay safe in the familiar. Confidence begins the moment you stop mistaking old fear for wisdom and begin trusting the deeper truth within you.

3. **Confidence is not arrogance — it is self-trust.**
   Confidence is not about being louder, proving yourself, or believing you are better than others. It is the quiet decision to trust yourself, honor what you know, and move in alignment with that knowing. It is the willingness to stand rooted in your worth even when life tests it. True confidence is grounded, humble, and deeply anchored in self-trust.

As you speak these affirmations, you are decoding unworthiness, self-doubt and hesitation, and recoding your subconscious, nervous system and identity with safety, self-trust and grounded confidence.

AFFIRMATIONS

- I now understand I no longer need to question my value. I decode unworthiness patterns and recode inherent self-worth. My nervous system stabilizes in inner safety.
- I now choose to trust my voice and my knowing. I decode self-doubt and recode self-trust. My body relaxes into certainty.
- I now understand I am enough without proving myself. I decode performance-based worth and recode confidence from within. My system integrates calm strength.
- I now choose to release comparison. I decode inadequacy and recode personal power. My subconscious anchors into enoughness.
- I now understand it is safe to take up space. I decode shrinking and recode embodied confidence. My identity strengthens in truth.

SECTION TWO

Rebirth (Choosing Confidence Daily)

As we begin, remember three simple truths:

1. Confidence is built through evidence.
Every promise you keep to yourself becomes proof you can trust yourself. Every brave conversation, bold decision, and risk you take strengthens that evidence. Confidence grows through action, not by waiting until you feel fully ready. The more you show up for yourself consistently, the more confidence begins to feel natural and embodied.

2. Courage often comes before confidence.
Most people think confidence comes first, but often courage leads the way. It begins with the shaky yes, the brave step, and the willingness to move even while fear is present. Confidence is built on the other side of those moments, one courageous choice at a time. Every act of courage teaches you who you are becoming.



3. The woman you are becoming is shaped by what you practice.
Confidence is not a personality trait you either have or do not have — it is something you strengthen daily. Each time you choose your truth over approval, you reinforce self-trust and deepen your inner authority. Every aligned choice becomes part of your identity and raises your standard. What you practice repeatedly, you become.

As you speak these affirmations, you are decoding approval-seeking and recoding your subconscious for courageous action, self-leadership, and embodied confidence.

AFFIRMATIONS

- I now understand confidence grows through action. I decode hesitation and recode courageous movement. My nervous system strengthens through aligned action.
- I now choose to trust myself before I have all the evidence. I decode overthinking and recode inner leadership. My body learns safety in bold decisions.
- I now understand my voice matters. I decode people-pleasing and recode self-honoring expression. My system supports clear boundaries.
- I am learning every brave step builds confidence. I decode fear of failure and recode resilience. My identity expands through courage.
- I now choose to believe I am becoming a woman who leads herself well. I decode insecurity and recode embodied self-belief. My nervous system adapts to confidence.

SECTION THREE

Ascension (Embodying Unshakable Confidence)

As we begin, remember three simple truths:

1. Confidence is an identity.
There comes a point where confidence stops being something you practice and becomes part of who you are. It begins to shape how you think, how you choose, how you move, and how you show up in the

world. You stop borrowing belief from outside validation and begin living from inner certainty. Confidence becomes less something you do and more a way of being.

2. Your confidence changes what you attract.
The way you carry yourself teaches life how to meet you. As your confidence deepens, your standards rise, your decisions sharpen, and what no longer aligns begins to fall away. Opportunities shift, relationships recalibrate, and you begin receiving at the level you believe you are worthy of. Confidence changes what you allow and what you are available for.

3. The confident woman is already within you.
She is not someone you become someday after you have healed enough or achieved enough. She is who begins to emerge as fear falls away and old stories lose their hold. Beneath the doubt, she has always been there — grounded, wise, and powerful. Confidence is not creating her, but allowing her to lead.

As you speak these affirmations, you are decoding identity-level insecurity and recoding your subconscious into embodied confidence, certainty, and personal power.

AFFIRMATIONS

- I now understand confidence is my natural state. I decode insecurity and recode grounded self-belief. My identity stabilizes in strength.
- I now choose to believe I am a woman who trusts herself. I decode indecision and recode certainty. My nervous system embodies calm power.
- I am learning my presence carries value. I decode invisibility and recode self-possession. My body reflects confidence.
- I now understand I am available for boldness, abundance and expansion. I decode limitation and recode possibility. My subconscious aligns with higher expression.
- I now choose to embody unshakable confidence. I decode fear and recode personal power. My identity anchors in who I came here to be.

And, so it is. 💔