

CAREER AFFIRMATIONS

I DESERVE to feel happy at work.

Professional satisfaction MATTERS.

Things can and will be BETTER.

I am NOT too young for a great career.

I am NOT too old for a great career.

It's OKAY to change my mind.

I am NOT the same person I was 5 years ago.

As I go through life, my interests and needs CHANGE.

I will NOT compare my career journey to that of other people.

I am the ONLY person who knows what's right for me.

I WILL stand up for myself.

I have the POWER to change my story.

It's OKAY to get help. Success is a TEAM sport.

I will be as the BEST version of me for myself and those around me.