

Affirmations Script

Forty spoken affirmations in second and first person, grouped and paced with room to repeat. Written to sound like a person talking, not a poster.

10 min · 5 segments

Ten minutes, five segments. Say each line twice — once as “you”, then let the listener say it back as “I” in the gap. The gap is half the recording.

BEFORE YOU RECORD

- Half of this recording is gaps. Six seconds after every line, and the listener needs all of it to say the line back.
- Forty short lines will tempt you to speed up around line twenty. Set a tempo and hold it.
- Shift the voice once, after the instructions in segment one — normal for the how-to, softer for everything after.

01. How to use it

1 min

[normal speaking voice here — this part is instruction, not affirmation]

This is ten minutes of affirmations. Here's how it works, so the silences make sense.

I'll say each line to you. Then there's a gap, and in the gap you say it back — silently or out loud, whichever you can manage where you are — changing you to I. So I say, you are allowed to take up space, and you say, I am allowed to take up space.

If a line doesn't fit you, skip it. Nobody needs all forty. *[pause for 8 seconds, then soften the voice for the rest of the session]*

02. Steadiness

2 min 30

[leave 6 seconds after every line — the gap is where the work happens; a rushed affirmation track is worthless]

You are here, and here is enough for now. *[6 seconds after this and every line that follows]*

You are allowed to take up space.

You do not have to earn rest.

You have survived every day so far.

You are steadier than you feel.

You can do hard things slowly.

You are not behind.

You are allowed to change your mind.

03. Kindness toward yourself

2 min 30

[warmer; these are the ones people flinch at, so don't push them]

You speak to yourself the way you'd speak to a friend.

You are more than your worst week.

You can be a work in progress and still be worth something today.

You are allowed to be a beginner.

You do not need everyone to understand you.

You are allowed to say no without a reason.

You forgive yourself for what you did not know then.

You are not a burden for needing things.

04. The day ahead

2 min 30

[a little more forward-leaning, but keep the same tempo — don't start selling]

You can start where you are, with what you have.

You do one thing at a time, and that is enough.

You are allowed to do it imperfectly.

You finish things you have started.

You ask for help before it is urgent.

You can be nervous and go anyway.

You put your own name on the list.

You have time. More than the panic says you do.

05. Closing

1 min 30

[slow right down for the last four, then come back to a normal voice for the final line]

Four more, and then we'll stop. *[leave 10 seconds after each of these]*

You are safe in this moment.

You are doing better than you are giving yourself credit for.

You are worth the care you give other people.

You are enough, as you are, this morning. *[pause for 20 seconds, then return to a normal speaking voice]*

That's the set. Take one of them with you — whichever one was hardest to say back.

USAGE

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