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Professional Body Credit Management-SAQA

Institute of Credit Management

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Self-affirmation

How does one increase oneself affirmation?

Ensure that one gets in the habit of remembering your successes:

Your good qualities and characteristics:

Forget your failures as they do not count!

Failures do not count, what counts is the successful attempts at success:

Success breeds success:

The first step is to write and maintain a self-affirmation list.

Record all the things you like about your self – all your positive things (We know that there are plenty) Positive qualities, characteristics, and traits.

Include the successes you have had in every area of your life.

I AM:
Reliable, Confident, Ambitious, Dedicated, Determined, Positive, Focused, Persistent, Successful

Cape Town Durban Johannesburg

Directors: H Lawlor FICM, M Bezuidenhout MICM, N K Marutlulle MICM,
B Wedel MICM, P Davidson FICM.

Small successes are steppingstones to greater successes, you have had in every area of your life, Work, home, and college:



Remember to keep adding to this list as you think of more things as you accomplish more, no matter how small they may appear.

Acknowledging yourself, your abilities, and your own unique qualities will encourage you to keep moving.

We believe in you; it is time for you to start believing in yourself!

