

41 Affirmations for Taking Credit for Your Contribution Fairly

A moment to pause, reflect, and choose a useful next step.

1. I can name the part of a result I delivered.
2. I can credit colleagues for their work.
3. I can keep accurate examples of my contribution.
4. I can speak about effort without exaggeration.
5. I can correct an omission respectfully.
6. I can accept recognition with a simple thank you.
7. A team result can include a clearly named individual contribution.
8. I can describe my work in factual terms.
9. Credit does not need to become a competition.
10. I can keep examples while details are fresh.
11. An omission can be corrected respectfully.
12. I need not call accurate recognition bragging.
13. A colleague's achievement can be acknowledged alongside mine.
14. I can use clear verbs to explain what I delivered.
15. Quiet work can still belong in a review.
16. I can accept thanks without redirecting all of it.
17. My contribution need not be the largest to matter.
18. I can distinguish support from ownership of the result.
19. A written update can record responsibilities accurately.
20. I do not need exaggeration to make effort visible.
21. I can name work that happened behind the scenes.
22. Fair acknowledgment can serve both the team and me.
23. Confidence can rest on a specific example rather than a perfect feeling.
24. I can recognise a strength without claiming superiority.

25. A mistake can be addressed without becoming my professional identity.
26. Asking a specialist can be a responsible use of judgment.
27. I can know something well and still check a detail.
28. My contribution does not disappear beside someone else's experience.
29. I can accept a compliment without submitting a list of flaws.
30. I can be honest about a gap and willing to learn.
31. One awkward exchange is not a performance review of my whole career.
32. I can let documented evidence challenge an unkind assumption.
33. Competence includes recognising the edge of my knowledge.
34. I can trust a process I have learned while remaining open to feedback.
35. Asking for support can be part of delivering responsibly.
36. Professionalism can include a respectful request for clarification.
37. I can care about my work and still have a life beyond it.
38. I am allowed to question an unclear process respectfully.
39. I can distinguish an urgent task from a loudly expressed request.
40. Good work can include checking an assumption with the right person.
41. I can name a limit using facts rather than a long apology.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/taking-credit-contribution-fairly-affirmations/>