

AFFIRM YOUR SELF-LOVE!

PLACE YOUR HAND ON YOUR HEART & STAND IN FRONT OF MIRROR LOOKING INTO YOUR EYES. SAY THESE AFFIRMATIONS OUT LOUD TO YOURSELF:

I LOVE &
ACCEPT MYSELF
UNCONDITIONALLY

I STAND IN THE
JOY I CREATE
FROM WITHIN

I SEE MYSELF
AND HONOR
MY NEEDS

I TRUST
MY INNER
WISDOM

I AM STRONG,
POWERFUL, &
CONFIDENT

I EMBRACE MY
AUTHENTIC
SELF

I BELIEVE IN
THE PERSON I
AM BECOMING

I CELEBRATE
ALL OF MY
ACHIEVEMENTS

MY BEST
IS ENOUGH
TODAY

I AM
THE LOVE
I SEEK

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