



LIVE. LOVE. ENGAGE.

## SELF-LOVE & SELF-WORTH AFFIRMATIONS

- I love myself.
- I find happiness within.
- I am enough.
- I have the power to change.
- I am deserving of success and happiness.
- My imperfections make me unique and special.
- I forgive myself.
- I am proud of myself.
- I am worthy of my dreams.
- I am making progress every day.
- I believe my work has great worth.
- I believe my time has great worth.
- I believe I have great worth.
- I joyfully, bravely ask for what I want.
- I am at peace with myself.
- I speak my truth with confidence.
- Every day, in every way, I am more comfortable in my own skin.
- I am learning from my mistakes.
- I accept all of me with love.
- I trust in myself.
- I am letting go of judgment and criticism.
- I choose to let go of the past.
- I am growing wiser each day.
- I am a spiritual being in a human body.
- I am a radiant channel of divine light.