

AFFIRMATIONS FOR

Self-Love

1. I love my body.
2. I will stop apologizing.
3. I will keep learning to expand my mind and creativity.
4. I love and appreciate myself.
5. I accept others and I accept myself.
6. I appreciate the small stuff in life.
7. I will always take good care of myself.
8. I choose me.
9. I am grateful for the blessings in my life.
10. I value myself above all else.
11. I express unconditional love for my mind, body, and soul.
12. I will put myself first.
13. I have many accomplishments that are worth celebrating.
14. I exude love and happiness.
15. I will be kind to myself today.
16. I find joy in the little things.
17. I will do something for me today.
18. I surround myself with positive, and supportive people.
19. I am worthy of love.
20. I will stop using negative self-talk.
21. I will focus on the good in my life, not the bad.
22. I deserve good fortune.
23. I appreciate my body and mind.
24. I find comfort in my own company.
25. I am confident.