

(DAILY)

DATE ____ / ____ / ____

AFFIRMATIONS

S M T W T F S

I AM INTELLIGENT

I DESERVE AND RECEIVE MASSIVE AMOUNTS

I AM FUNNY

OF LOVE EVERY DAY

ABUNDANCE FLOWS FREELY TO ME

I AM ALLOWED TO SAY NO

MY FRIENDS LIKE ME FOR WHO I AM

MY MISTAKES DON'T DEFINE ME

I'M NOT PERFECT AND THAT'S OKAY

I AM IMPORTANT AND I MATTER

I AM GRATEFUL FOR MY HOME

I AM ENOUGH

I HAVE TIME TO DO THINGS I LOVE

I LOVE AND ACCEPT MYSELF

MY THOUGHTS MATTER

I FIND FREEDOM IN MY VULNERABILITY

I AM ALLOWED TO TAKE UP SPACE

I FEEL WONDERFUL AND ALIVE

I AM ALLOWED TO BE LOUD

I AM WORTHY

I LIKE ME

I AM IN CHARGE OF MY OWN SELF-WORTH

I LOVE ME

I AM EXACTLY WHERE I NEED TO BE RIGHT NOW

I AM BEAUTIFUL

I LET GO OF THE THINGS I CANNOT CONTROL

I LOVE MY BODY

I AM CALM AND PEACEFUL

MY FEELINGS MATTER

I AM GRATEFUL FOR MY LOVED ONES I AM IN LOVE WITH MYSELF AND MY BODY

I AM SO LOVED

MY GROWTH IS A CONTINUOUS PROCESS