

GLOW PROGRAM

IT'S TIME TO SHOW YOUR INNER GLOW

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Daily Affirmations

I am intelligent
I am funny
Abundance flows freely to me
My friends like me for who I am
I'm not perfect and that's okay
I am grateful for my home
I have time to do things I love
My thoughts matter
I am allowed to take up space
I am allowed to be loud
I like me
I love me
I am beautiful
I love my body
My feelings matter
I am grateful for my loved ones
I am so loved
I deserve and receive massive amounts of love every day
I am allowed to say No
My mistakes don't define me
I am important and I matter
I am enough
I love and accept myself
I find freedom in my vulnerability
I feel wonderful and alive
I am worthy
I am in charge of my own self-worth
I am exactly where I need to be right now
I let go of the things I cannot control
I am calm and peaceful
I am in love with myself and my body
My growth is a continuous process

