

MY FAVORITE DAILY AFFIRMATIONS

Positive affirmations are phrases or mantras that you repeat to yourself, which describe a specific outcome or who you want to be.

At first, these affirmations might not be true, but with constant repetition; your subconscious mind will start to believe them. And eventually, these affirmations will become your reality.

My morning mantra is: "Something good is going to happen to me and something good is going to happen through me today." I have many other posted everywhere in my house.

SELF-LOVE AFFIRMATIONS YOU CAN TELL YOURSELF:

1. I believe in me.
2. I accept myself unconditionally.
3. This is my body and I love it.
4. My body deserves respect and kindness.
5. I suddenly can't help saying kind things about myself.
6. I deserve love, compassion, and empathy.
7. My body is strong.
8. I can trust my body.
9. I choose to be happy and completely love myself today.
10. I patiently allow my body to heal and transform with ease.
11. I respect my body and listen to its needs.
12. My features are beautiful.
13. My body is my home and I will build it up.
14. I am free of worry and am at peace with who I am.
15. I am making healthier decisions everyday.
16. I deserve rest and relaxation.
17. I am grateful for everything my body allows me to do.
18. My body is a good body.
19. I am noticing more health and beauty in my reflection.
20. My cells, hormones, bones and body are in perfect balance.



AFFIRMATIONS TO BUILD CONFIDENCE

1. I am beautiful.
2. I am smart.
3. I am stronger than any storm.
4. I am blessed with talents that I love.
5. I am enough.
6. I am proud of myself and all that I have accomplished.
7. I am successful.
8. I am worthy of my dreams.
9. I believe in the person I dream of becoming.
10. I am now creating my life exactly as I want it.
11. I am free of self-doubt.
12. No matter what comes my way, I can do it.
13. I am fearless.
14. I believe in my abilities.
15. There are no limits to what I can achieve.
16. Today I am optimistic. I think positively and surround myself with positive energy.
17. I feel strong, excited, and powerful.
18. Amazing opportunities are constantly coming my way.
19. I can and I will do this! There is nothing stopping me.
20. I matter. I am allowed to say “no” to others and “yes” to myself.

