



Positive Affirmations

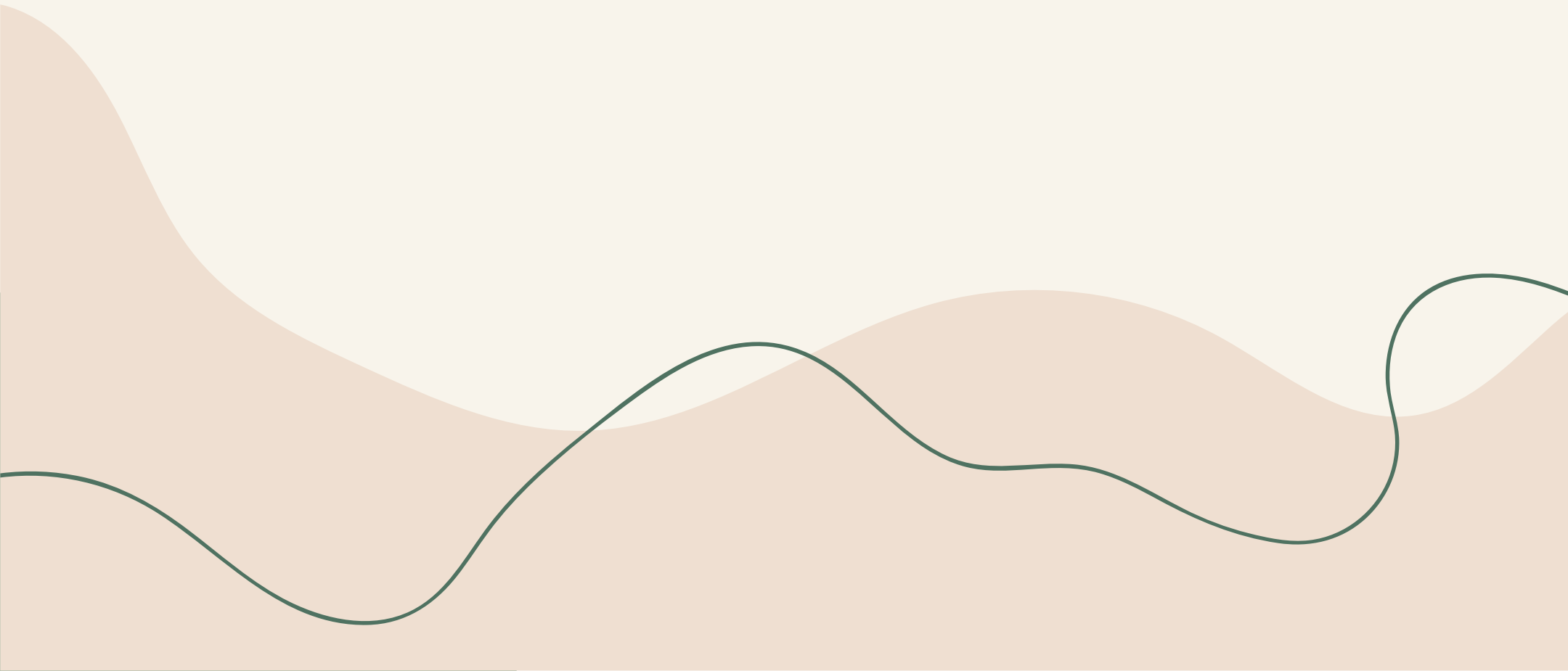
SELF-LOVE

NEURAH



I am worthy of love, just as I am.

LOOK AT YOURSELF IN A MIRROR AND REPEAT
THIS AFFIRMATION, MAKING EYE CONTACT.





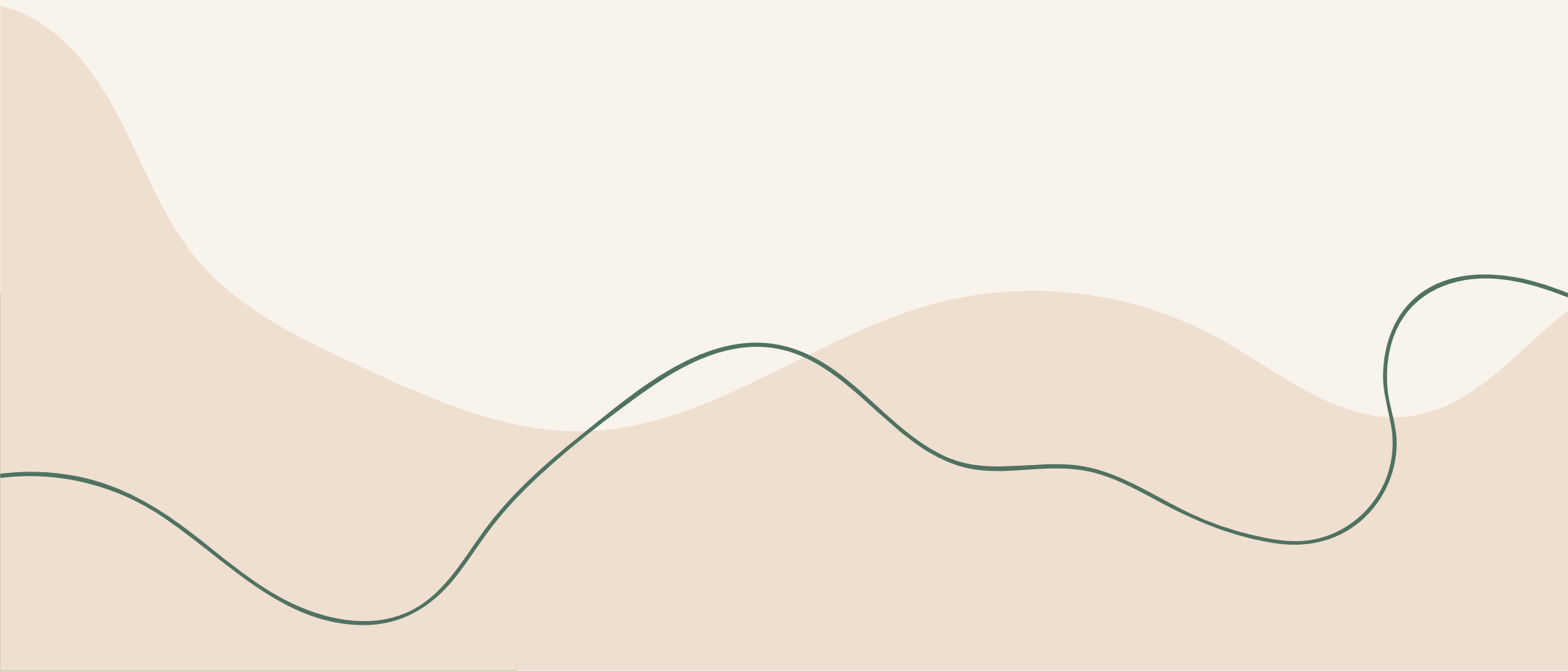
My imperfections make me unique and beautiful.

TRUE SELF-LOVE EMBRACES ALL PARTS OF
YOU, INCLUDING THOSE YOU MIGHT PERCEIVE
AS FLAWS.



I nourish my body, mind, and spirit with love.

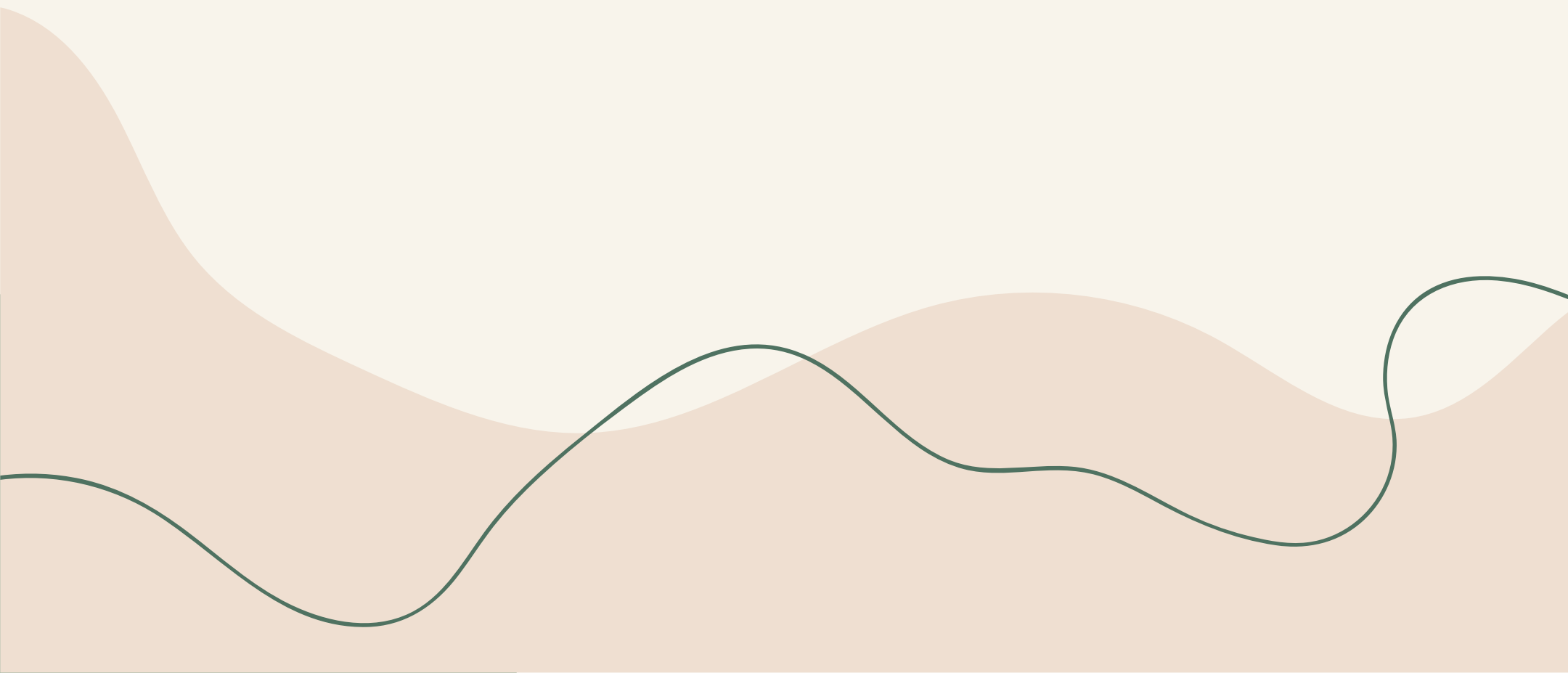
CHOOSE ONE ACT OF SELF-CARE FOR EACH OF
THESE AREAS (E.G., HEALTHY MEAL,
MEDITATION, CALLING A FRIEND).





I am my own best friend.

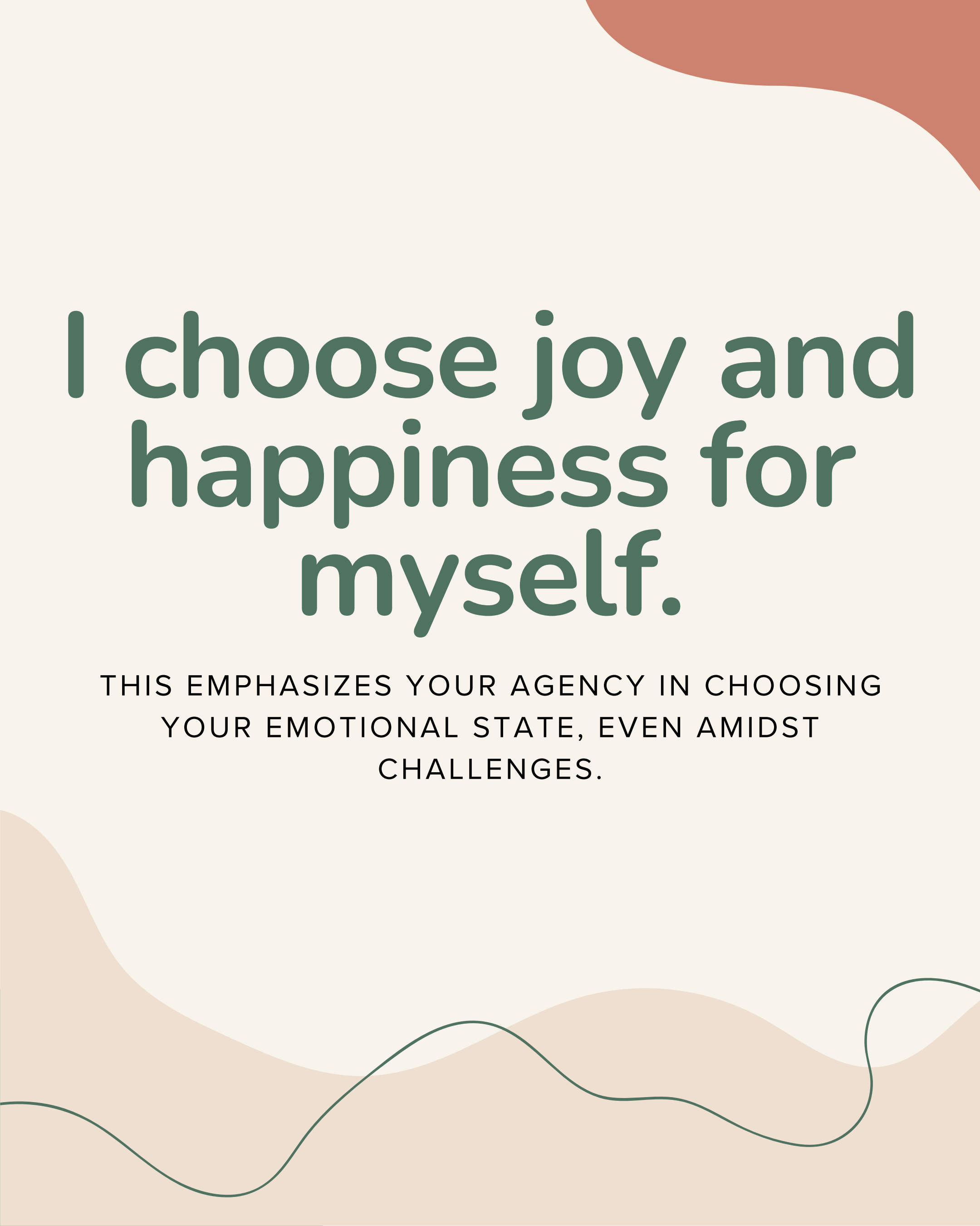
THIS ENCOURAGES TREATING YOURSELF WITH
THE SAME KINDNESS, UNDERSTANDING, AND
SUPPORT YOU WOULD OFFER A DEAR FRIEND.





I celebrate my successes, big and small.

KEEP A "GRATITUDE AND ACHIEVEMENT"
JOURNAL WHERE YOU LIST AT LEAST THREE
THINGS YOU'RE PROUD OF EACH DAY.



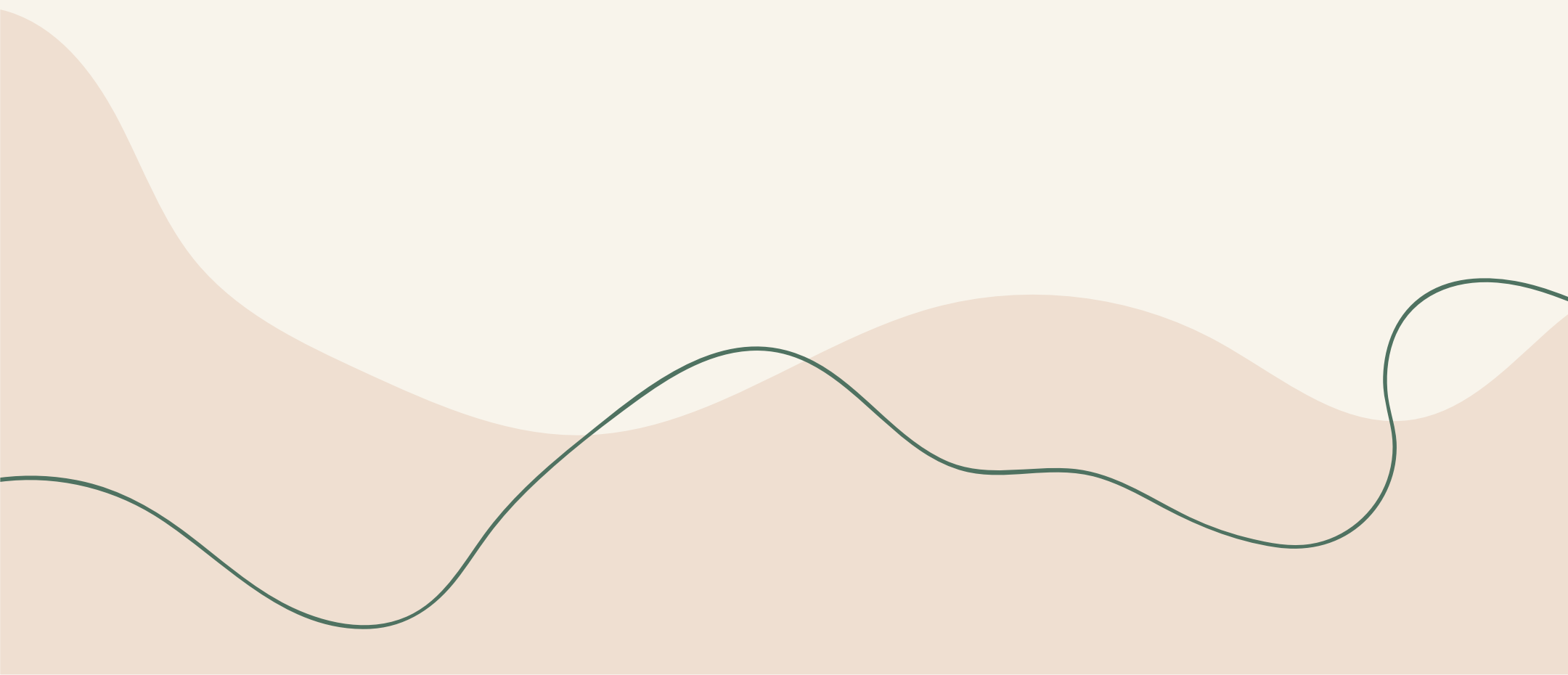
I choose joy and happiness for myself.

THIS EMPHASIZES YOUR AGENCY IN CHOOSING YOUR EMOTIONAL STATE, EVEN AMIDST CHALLENGES.



I am enough.

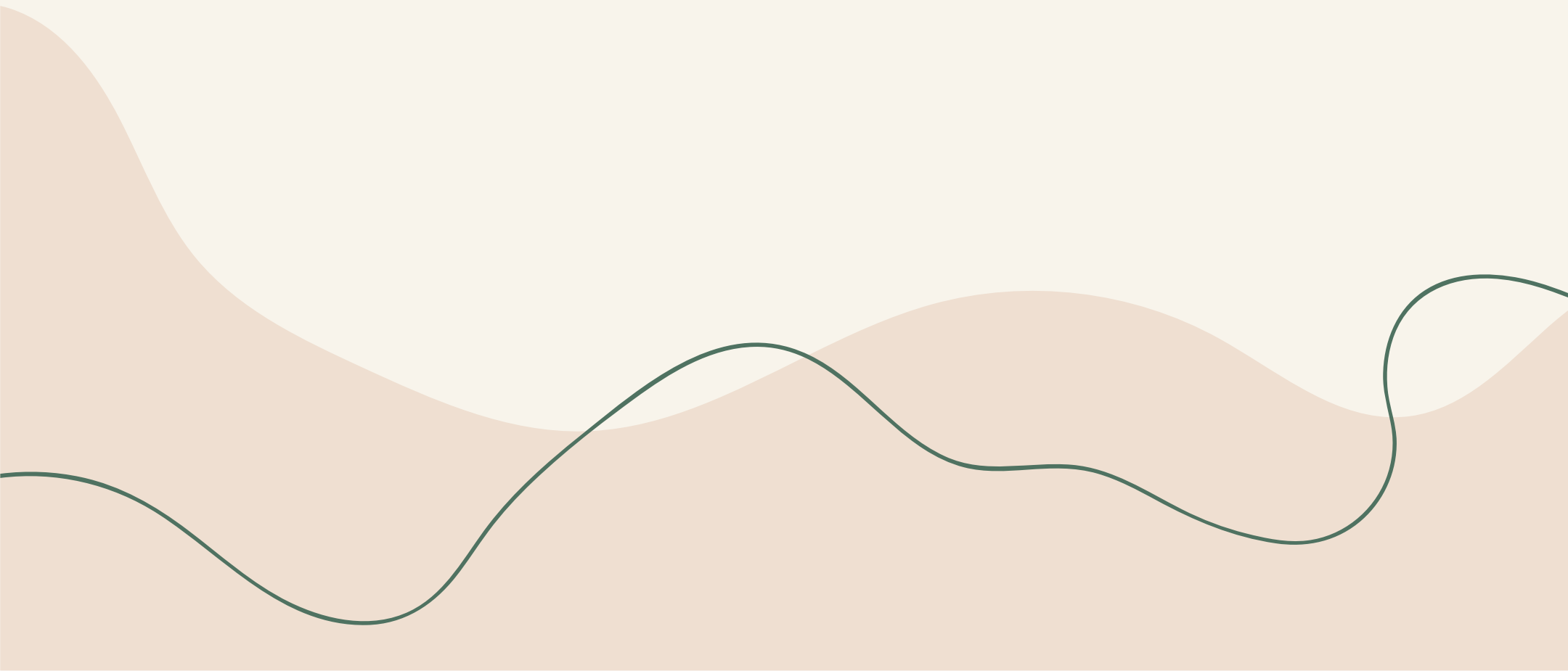
WRITE THIS AFFIRMATION ON A STICKY NOTE
AND PLACE IT WHERE YOU'LL SEE IT DAILY.
WHEN YOU SEE IT, TAKE A DEEP BREATH AND
TRULY FEEL ITS MEANING.





I am deserving of all good things.

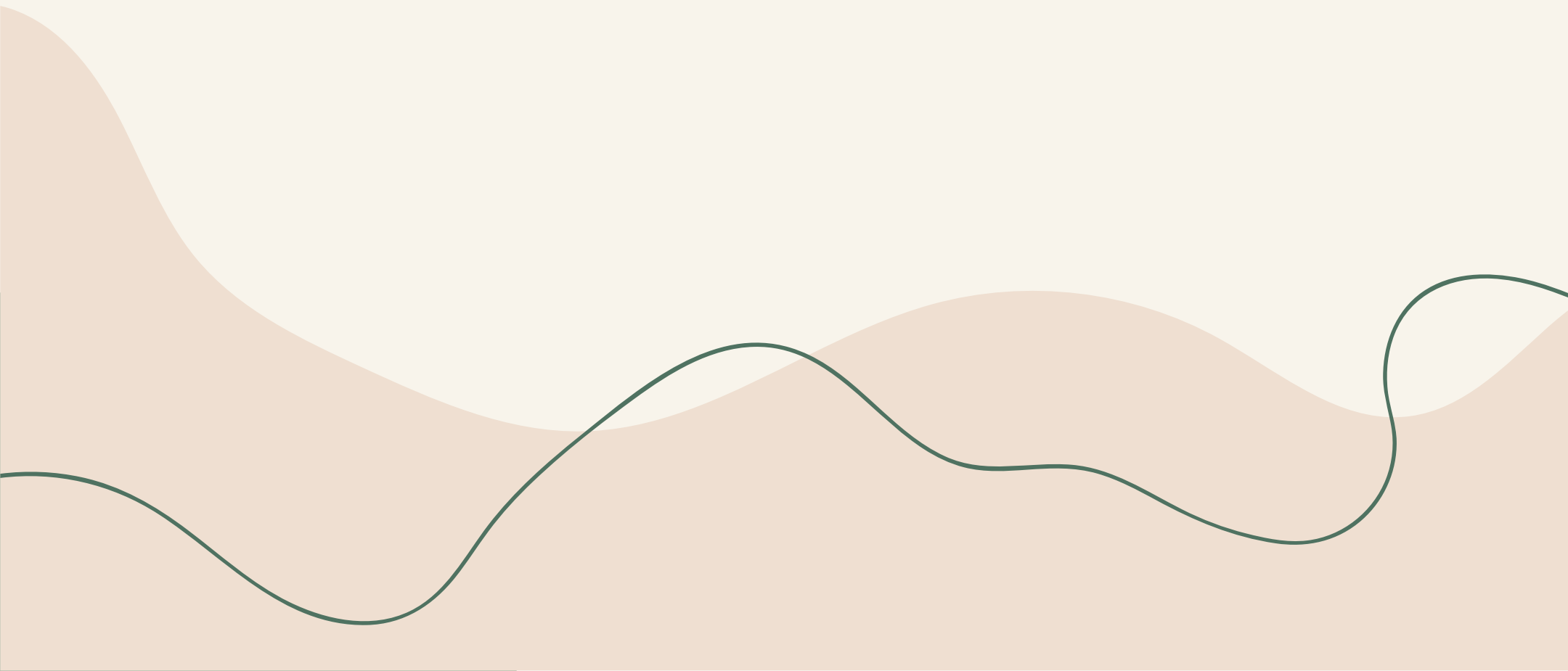
THIS COUNTERS FEELINGS OF UNWORTHINESS
AND OPENS YOU UP TO RECEIVING
ABUNDANCE.





I love and accept
myself
unconditionally.

LIST THREE THINGS YOU LOVE ABOUT
YOURSELF WITHOUT JUDGMENT.





My inner critic does not define me.

THIS ACKNOWLEDGES THE PRESENCE OF
NEGATIVE SELF-TALK BUT ASSERTS YOUR
POWER OVER IT.