

# 35 EMPOWERING AFFIRMATIONS FOR SELF BELIEF

**I AM WORTHY.**

**I AM WHOLE.**

**I AM ENOUGH, JUST AS I AM.**

**I AM RESILIENT.**

**I AM COURAGEOUS.**

**I AM STRONG IN MIND, BODY, AND SPIRIT.**

**I AM SURROUNDED BY WARM, BEAUTIFUL, LOVING ENERGY.**

**I BRING LIGHT WITH ME WHEREVER I GO.**

**I AM CONFIDENT AND WELCOME NEW EXPERIENCES INTO MY LIFE.**

**I DESERVE TO BE LOVED.**

**I DESERVE TO LIVE THE LIFE OF MY DREAMS.**

**I AM IN ALIGNMENT WITH MY HIGHEST PURPOSE.**

**I FULLY EMBRACE AND LOVE WHO I AM, EVEN AS I CONTINUE TO EVOLVE.**

**I AM ALLOWED TO TAKE UP SPACE.**

**I AM WORTHY OF RESPECT AND ACCEPTANCE FROM MYSELF AND OTHERS.**

**I AM IN CHARGE OF MY LIFE AND THE ONLY ONE WHO CAN DICTATE MY PATH.**

**ALL THAT I NEED TO LIVE THE LIFE OF MY DREAMS IS INSIDE ME.**

**MY CONTRIBUTIONS ARE MEANINGFUL, VALUED, AND REWARDING.**

**I AM TRUE TO MYSELF, ALWAYS.**

**EVERYTHING I'M LOOKING FOR I CAN FIND WITHIN ME.**

**I HAVE THE POWER TO CONTROL MY THOUGHTS.**

**I HAVE THE POWER TO CHANGE MY STORY.**

**I CAN DO HARD THINGS.**

**I FULLY ACCEPT MYSELF AS I AM.**

**MY BODY IS A GIFT.**

**I CAN BE HEALTHY AT ANY SIZE.**

**I AM PERFECT, WHOLE, AND COMPLETE.**

**WHEN I SMILE, I MAKE OTHER PEOPLE FEEL HAPPY.**

**MY PRESENCE IS DELIGHTFUL TO OTHERS.**

**MY LIFE IS FILLED WITH MAGIC.**

**MY VERY EXISTENCE MAKES THIS WORLD A BETTER PLACE.**