

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.