

# AFFIRMATIONS FOR SELF-LOVE

I FULLY LOVE AND EMBRACE WHO I AM NOW, EVEN AS I  
CONTINUE TO GROW.

I AM PROUD OF WHO I AM.

I RELEASE ANYTHING THAT DOESN'T SUPPORT MY HIGHEST  
GOOD.

I AM FULLY AND UNCONDITIONALLY LOVED FOR BEING EXACTLY  
THE PERSON I AM RIGHT NOW.

I AM OPEN TO REDISCOVERING MYSELF FOR WHO I AM NOW, NOT  
WHO I WAS.

I STAY TRUE TO MY AUTHENTIC SELF. I WILL NEVER ABANDON  
MYSELF.

I AM ALWAYS DESERVING OF LOVE.

I HONOR MY HEART. I HONOR MY ENERGY. I HONOR WHO I AM.

THE WORLD NEEDS MORE OF ME, NOT LESS.

MY LOVE FOR MYSELF IS BOLD, FIERCE, AND UNCONDITIONAL.

I AM FAR STRONGER THAN I REALIZE.

I CHOOSE AUTHENTICITY OVER PERFECTION.

I AM A CARING, COMPASSIONATE, LOVING HUMAN BEING, AND I  
AM DOING THE BEST I CAN. AND THAT IS ENOUGH.