



50 POSITIVE AFFIRMATIONS

TO FALL IN LOVE WITH YOURSELF

- I choose to love myself exactly as I am.
- Who I am, exactly as I am, is truly beautiful.
- I love myself fully now as I continue to grow.
- I choose to love my imperfect self perfectly.
- I am beautiful, brilliant, and brave.
- I am strong in mind, body, and spirit.
- I am loved, honored, cherished, and seen.
- I am proud of my journey and how far I've come.
- I am competent, capable, and strong.
- I choose to love myself as deeply as I love others.
- I am worthy, inside and out.
- I deserve to be loved just as I am.
- I am joy, light, and pure positive energy.
- I am in charge of my own energy. I'm the only one who chooses how I feel.
- I release self-doubt and embrace unshakeable confidence and self-belief.
- I trust myself completely. The strength I need is within me.
- I believe I can be all that I want to be.
- I believe in myself and my ability to succeed.

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- I have the right to shine and succeed.
- I am worthy of praise, adoration, and unconditional love.
- I am kind, generous, and compassionate with myself and others.
- I choose authenticity over perfection.
- I am glowing, ravishing, and radiant.
- My heart is open, loving, and pure.
- My love for myself is bold, fierce, and unconditional.
- I am enough, just as I am.
- My true self is a beautiful sight to behold.
- My true self shines brightly.
- I love, honor, and nurture both my shadows and my light.
- I love all parts of me equally.
- My body is a gift.
- My body is deserving of love.
- My body is capable of more than I can even imagine.
- My body is a powerful healer.
- My body always takes care of me.
- I am *radiant* when I smile.
- I lovingly nurture my mind, body, and spirit.
- I trust my body's wisdom and listen when it speaks to me.
- When I look in the mirror, I love the strong and powerful person staring back at me.
- I am worthy, strong, powerful, courageous, and always enough.

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- I am enough. I have always been enough. I will always be enough.
- I am magnificent.
- I am breathtaking.
- I am extraordinary.
- I am always deserving of love.
- I am learning how to fall in love with everything that I am.
- With every breath I take, I gain more confidence and self-belief.
- I am a being of love and light, and I fearlessly allow myself to shine.
- Everything I'm looking for I can find within me.
- When I'm caught in a rainstorm, I don't wither; I bloom.

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