

30 Self-Love Affirmations

TO REMIND YOU WHO YOU ARE



I trust the process.



I create my own joy.



I love the person I am becoming.



I invest in myself everyday.



I know who I am & I'm owning it.



I love that I am real rather than perfect.



My determination is stronger than my fear.



I create a life I love.



I honor myself & the decisions I make.



I embrace everyday as a new beginning.



My thoughts, opinions & beliefs are my own.



I trust my intuition to guide me.



I celebrate my wins, no matter how big or small.



I chose to stop apologizing for being me.



I am enough just as I am.



My uniqueness is magic.



My body is a precious gift.



I am worthy, inside & out.



I attract good people & things into my life.



I am courageous & speak my truth.



I bring light to those around me.



I am worthy of wealth & success.



I am filled with gratitude for who I am.



I release self-criticism & choose self-love.



I am powerful, beautiful & unstoppable.



I trust myself & my feelings completely.



I am not my fears.



I deserve to take up space.



I give & receive love freely.



I only speak kindly to myself.